

WS
80
B438a
1921

Aunt Belle's
BABY BOOK

48630010R



NLM 05251008 6

NATIONAL LIBRARY OF MEDICINE

1-8

SURGEON GENERAL'S OFFICE
LIBRARY.

Section

Children

No. 113,
W. D. S. G. O.

No. 241560

8-513

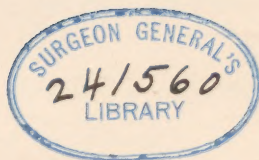
Aunt Belle's
BABY BOOK





Maria
Toussaint
Fanger

Aunt Belle's BABY BOOK



PUBLISHED BY
THE MENNEN COMPANY
NEWARK, N.J. U.S.A.

[1921]

WS

80

B438a

1921

Film no. 9800, Item 1

Copyright, 1921

THE MENNEN COMPANY

Newark, N. J.



APR -8 1921

ii

© Cl. A 611530

C O N T E N T S

	PAGE
PREFACE.....	v
AUNT BELLE'S QUESTION FORM.....	vi
LETTER ONE	
Preparing for the Baby.....	1
LETTER TWO	
The Nursery and Its Furnishings.....	5
LETTER THREE	
The Babies' First Month.....	8
LETTER FOUR	
The Babies' Second Month.....	13
LETTER FIVE	
The Babies' Third Month.....	19
Schedule for a Young Baby's Day.....	23
LETTER SIX	
The Babies' Fourth and Fifth Months.....	24
LETTER SEVEN	
The Babies' Sixth, Seventh, and Eighth Months.....	28
LETTER EIGHT	
The Babies' Ninth, Tenth, Eleventh, and Twelfth Months.....	32
LETTER NINE	
The Babies from One Year to Eighteen Months.....	36

LETTER TEN	PAGE
The Babies from Eighteen to Twenty-four Months....	40
LETTER ELEVEN	
The Babies at Two Years of Age.....	44
AUNT BELLE'S COMFORT ALPHABET OR FIRST AID FOR THE BABIES.....	50
THE MOTHER'S EMERGENCY BOX.....	56
MENNEN PRODUCTS.....	57
<i>Mennen Borated Talcum Powder</i>	58
<i>Mennen Kora-Konia</i>	60
<i>Mennen Scented Talcum</i>	62
<i>Mennen Talcum for Men</i>	62
<i>Mennen Cream Dentifrice</i>	63
<i>Mennen Tar Shampoo</i>	64
<i>Mennen Cold Cream</i>	64
<i>Mennen Borated Skin Soap</i>	65
INDEX.....	67

P R E F A C E



HER niece, Mary, found Aunt Belle's letters about babies so very helpful that they have been made into a book for the use of other mothers who need simple help in the nursery.

Aunt Belle has made the study of babies her life-work. All through the war, when extra help was so much needed, she assisted the doctors and nurses in a very large hospital for babies. Then she went abroad and helped take care of the little, neglected children of France. Thus she has had a great deal of valuable experience in taking care of babies, both sick and well.

Aunt Belle loves babies so much that she is always delighted to receive letters from their mothers, telling about them and their little problems.

She has, however, endeavored in her book to present all that she knows about babies, so that, if a careful reading of the book and reference to the index fail to give you just the information you need, it would probably be advisable to consult your physician.

Whether you seek advice from Aunt Belle or a physician, you will find it very helpful to have available the information suggested by the question form on the following page.

We hope sincerely that this little book will prove a real friend and guide to mothers during the trying though wonderful experience of bringing up a baby, and that Aunt Belle may add to her already large family many thousands of healthy, happy nieces and nephews.

Aunt Belle's Question Form

Date

Baby's name.....

Baby's present age.....

Mother's name.....

Mother's full address.....

How is the baby fed: breast or bottle?.....

How often is the baby fed by day and by night?.....

If a bottle is used, what food is given in the bottle, just how is it prepared,
how much at one time, and how often is it given?
.....
.....
.....

What was baby's weight at birth?.....How much is he gaining each
week now and what is his present weight?.....

Are the baby's bowels in good condition?.....

Does the baby vomit?.....

Does the baby have colic?.....

What clothing does the baby wear?.....

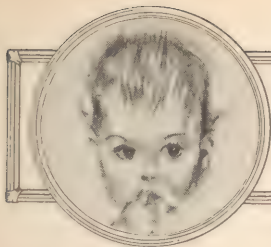
How much fresh air does the baby have?.....

Does the baby sleep well?.....

Describe anything about the baby that does not seem normal.....

Ask any questions about the baby that you may wish

Aunt Belle recommends all the Mennen products, because she has used them herself and in her family for many years. She has seen how comforting they can be to hundreds of little babies, both in this country and in Europe. The ingredients in all the articles made by The Mennen Company are the very best obtainable, hence they are absolutely safe for the most delicate skin of a baby, and "Safety First" should always be the rule when dealing with babies.



Letter One Preparing for the Baby

MY DEAREST MARY:

You cannot imagine how pleased I am to hear your good news: You and John have been so happy together that the coming of the little new life into your home will be the one thing necessary to make life perfect for you both.

You ask me to help you about preparing the layette and also about fitting up your nursery, so I am going to give you as many hints as I can in this letter. I am so glad that I took such a fine course in Mothercraft at the University, for now you shall have the benefit of all I learned there. As you know, I am still helping as a volunteer in one of the largest clinics for babies. I enjoy the work so much I simply cannot give up my "war job," and the doctors say they still need me and let me work with them side by side. I think this has been the most satisfactory piece of war work the average woman has taken up, for the experience in caring for babies, both sick and well, can never come amiss. Our Chief often says that to keep a baby well is far more important than to cure one when ill, and requires as much, if not more, skill. So I shall write to you very often, and together I think we shall be able to have a very normal little tot to take care of. It will bring back the days when my own babies were little.

Now about the layette: Sensible mothers in these days do not wear themselves out in preparing dozens of garments elaborately embroidered, as was the custom some years back. You will probably want to make the dresses, petticoats, and night-dresses yourself, as you can do so with less expense than if you bought these. The diapers will only need hemming, and you may want to knit the little sacks and booties yourself, too. The bands, shirts, and stockings you will no doubt wish to buy. Get the second size, and only four of each, as they will be so soon outgrown and the seasons change so fast. As your baby is expected in June, get light-weight silk or cotton-and-wool; one-fourth wool will do for the summer baby, while for winter

you will need at least half-wool. All-wool garments shrink too much to be of any practical use in these times when everything is so high.

There are many sets of good patterns for layettes. Some of the best are gotten up by *The Ladies' Home Journal*, Butterick Company, *The Pictorial Review*, *McCall's*, and the Home Pattern Company. The number of yards needed for the different garments is given with each set of patterns. Have your material as fine and dainty as you can afford, neatly sewed and very little trimming. A few garments with wool in them are lighter and much warmer than many of heavy cotton. Even in summer the little new baby needs some small amount of wool, especially over the abdomen and legs. No baby who is cold can digest its food properly. The flannel for the first bands should be torn into strips six to eight inches wide and twenty inches long; they may be pinked on the edges, but not hemmed. They are used only four to six weeks, and then the silk-and-wool ribbed-knit bands with shoulder-straps and tabs onto which the diaper is pinned are to be substituted. The cumbersome pinning blankets or barrow-coats are no longer used.

The flannel skirts should be made on a cotton waist for summer or woolen waist for winter. They should be fastened on the shoulder and fit snugly but not tight. If they are very loose they will wrinkle; if too tight they will be very uncomfortable. You may make two or three white lawn skirts for dress-up occasions, too, if you want them, but they are not an essential.

The little dresses should be very fine but plain, simply gathered into a band at neck and wrist, and not more than twenty-six inches long. A little fine lace or simply feather-stitching on the neck and wrist-bands makes a good finish.

The night-dresses should button in front and be made of outing flannel, as this is cotton and usually not too warm for the very young infant's first summer. In winter at least some wool should be in the night-dresses. The diapers should be of cotton bird's-eye and made in two sizes: two dozen, eighteen inches wide by thirty-six inches long; and three dozen, twenty-two inches wide by forty-four inches long.

For a summer baby the coat may be made from some lightweight material like cashmere, or some silk-and-wool material, and may be used even in the fall with a warm lining under it until it is time for the heavier winter coat. The cap should be

of soft silk or Swiss and may have a thin silk lining if the weather is at all cool when the baby first goes out. Here is the complete list of essentials in the clothing line for the new baby. You may add as many more as you like, and will probably have many little gifts, too.

- | | |
|---|--|
| 4 abdominal bands of flannel. | 2 or 3 white cotton petticoats, if wanted. |
| 4 ribbed-knit silk or cotton-and-wool bands, with shoulder-straps and tabs. | 4 outing flannel night-dresses. |
| 4 silk or cotton-and-wool shirts buttoning down the front. | 6 to 8 dresses or slips. |
| 4 pairs of knit bootees. | 2 flannel or knit sacks. |
| 4 pairs of light-weight merino stockings. | 5 dozen diapers, in two sizes. |
| 4 to 5 flannel petticoats. | 1 coat. |
| | 1 cap. |
| | 2 afghans or flannel squares. |

If you want to spend a little more, there is an excellent set of baby garments which fasten with soft tapes, no buttons, pins, or sewing being required.

In this letter I will also tell you about the baby basket or hamper, and then I really must stop for this time and leave the nursery for my next letter.

An untrimmed basket is best, one large enough to hold the essentials for baby's toilet and small enough to be carried about easily. In this basket you should have the following articles:

Two dozen safety-pins of assorted sizes.
Threaded needles for sewing on the first bands.

One soft brush and fine comb.

A small box of sterilized gauze.

A small box of absorbent cotton.

Some clean, old linen.

A pair of small scissors with rounded ends.

One small box of wooden toothpicks.

Four baby towels of fine, soft linen or cotton bird's-eye.



Four cheesecloth wash-cloths.

A cake of Mennen Borated Skin Soap.

A box of Mennen Borated Talcum Powder.

A box of Mennen Kora-Konia.

One tube of Mennen Cold Cream.

One tube of white vaseline.

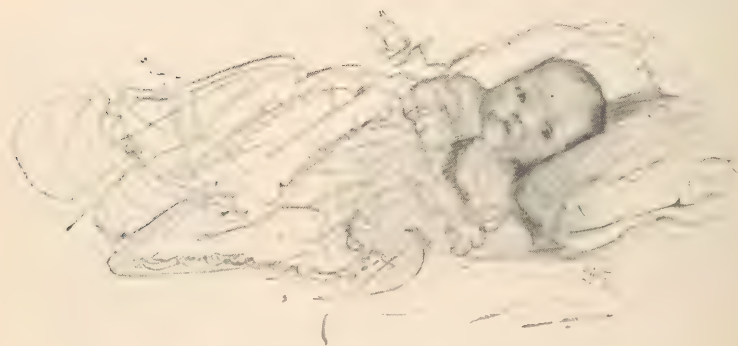
A thermometer for testing the bath water.

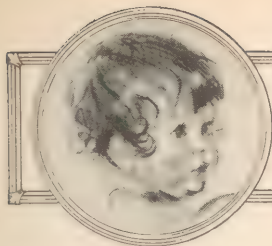
A bottle of saturated solution of boric acid.

A bath apron of flannel for mother or nurse, a white eider-down square $1\frac{1}{2}$ yards long for receiving the new baby, and a hot-water bag with flannel cover should be close at hand or laid on top of the basket or hamper.

The other nursery essentials I will describe in my next letter.

Do not sew too long or get tired, my dear girl; it does not pay. Do a little each day and be out-of-doors all you can the rest of the time.





Letter Two

The Nursery and Its Furnishings

MY DEAR MARY:

In this letter I shall try to tell you all about the essential points of a model nursery. I know you and John will have lots of fun in fitting up your nursery, for he is handy with tools and can make many little things himself, thus saving expense.

An ideal nursery should be up-stairs, not on the ground floor, where there may be more or less dampness. It should have windows on opposite sides of the room, as it must be simply flooded with fresh air and sunshine. If you have a room with southwestern exposure, this is best of all. An open fireplace in a nursery is much prized, as it insures good ventilation and also is invaluable for extra warmth on cool mornings and evenings when baby is bathed. An open Franklin stove is a good substitute if you have no fireplace. I do not know how your house is heated, but furnace heat is to be preferred to steam or hot-water heat, as this gives a circulation of moist, fresh air. Oil stoves and gas stoves are not to be used in a nursery if they can be avoided. Electric stoves help some for extra warmth. Keep a pan of water on top of your stove or radiator, if you have one in the nursery. Surround the fire or stove with a good wire screen.

The windows in your nursery should have wire screens in summer and a window-board or ventilator in cooler weather. Muslin window-screens make good ventilators, or simply a board with holes in it may be used. There should be bars on the outside to prevent accidents when the baby gets a little older. Green window-shades are all that is really needed, but, if you like, you may have some simple sash window-curtains of scrim or Swiss. No ruffles, or anything of the sort to catch dust and make laundering harder, should be used.

Your nursery walls should be painted with a good, washable paint; buff or green (no arsenic to be used in the paint) is a good color for baby's eyes, or you may get a washable

nursery wall-paper, with border of Mother Goose pictures or Kate Greenaway figures, if you prefer. Pictures in frames hung on the wall catch dust and are not very sanitary.

Your nursery floor may be of wood painted or stained buff or yellow, or else use a good grade of linoleum. The latter may be obtained with pictures on it if you care to go to this expense. In any case, the floor must be wiped up daily with a damp cloth or mop to keep it free from dust, so do not have a carpet in your nursery. Washable rugs are cheap and may be held down by thumb-tacks, if you want rugs at all. They must be frequently taken up and beaten out-of-doors and washed occasionally, too.

The baby's crib may be simply a clothes-basket on a stand which John can easily make. This will do for the first few weeks, when a regular metal crib should be bought. I do not advocate the use of expensive, trimmed-up bassinets for people in moderate circumstances, at least, as these are outgrown so soon and are dust-catchers. When you select your permanent crib see that it has a firm wire spring, that the bars are near enough together so the baby's head cannot be caught between them, and that at least one side of the crib can be let down easily. If you feel you want to buy a bassinet, get one on wheels, as this may be used later on for the baby's nap out-of-doors, and can be easily pushed about from place to place. The basket or crib should be furnished with a heavy piece of table padding or army blanket folded to fit the bottom of the bed; later on this may be replaced by a firm hair mattress. Never use feathers for a baby. On top of this pad or blanket place a piece of rubber sheeting or table oilcloth, next a fine cotton sheet, well tucked in, on top of this a crib pad, next another cotton sheet, then a pair of really good wool crib blankets, then a light cotton spread. At the foot of the crib have a light lamb's-wool or down comfortable in a washable case if possible; this to be used for extra warmth on cold nights.

Heavy cotton comfortables are not advisable; it would be better to use an extra blanket or knit afghan rather than one of these.

You should provide about one dozen sheets and later on the same number of pillow-cases. Babies under one year sleep better with-



out a pillow; a folded napkin may be placed under the little head if you like. When a pillow is used get a thin hair one, never down or feathers, which heat a baby's head too much. Four to six pads for the crib should be on hand, too. While the baby is young, or in cool weather, pads fastened around the sides of the metal crib keep off drafts and may be easily removed to wash.

Your other nursery furniture should be white enamel or some washable wood, and should consist of a chiffonier for the baby's clothes, a low chair without arms for the mother, two tables, one of which is a low one, a large screen with washable covers, and as the baby grows older a little low chair (no rockers) for his use when playing at the low table. Other articles may be added from time to time as he grows older. A box for diapers and another for toys are useful. A small clothes-horse for warming baby's clothes (not drying diapers) before the fire is often liked.

The baby's scales are very important, and it is worth while to get some good make, with weights, that can be used throughout the child's life and not simply for a few months of babyhood. If the scales have a platform, a basket may be used on this while the baby is small.

The bathtub is best of rubber and may be on a stand or else the kind that fits over a regular set bathtub, if your bathroom is close to the nursery and warm enough for baby's bath there. If you do not want to buy a rubber tub, then get a *papier-mache* one, or even a tin one will do, if you use a piece of flannel or old blanket in it while the baby is very young. Bathtubs without stands must be placed on a table when the baby takes his bath, never on the floor.

You will also need a covered pail for soiled diapers, a wash-basin, and two pitchers, if baby is to be bathed in the nursery. A room thermometer is an essential and should be hung at the level of the baby's head when in his crib. The temperature of the nursery in the day time should be 68° F. to 70° F. while the baby is young and about 50° F. at night. When the bath is being given the room should be 72° F.

Do not be dismayed at the list of articles you have to buy for your nursery, Mary dear; get the articles little by little, and make whatever you can at home and it will not be so very expensive after all.

This is quite a long letter, and now I shall have to stop, for you will have plenty to think about until I write again, and I shall be so interested to hear just what you buy from time to time.



Letter Three

The Babies' First Month

MY DEAREST NIECE:

My telegram has already told you how delighted I am at the arrival of your two darling babies. The twins were indeed a surprise to all of us, although John says, in his long letter, that you and the doctor had suspected them for some weeks.

It is splendid to have both a boy and girl baby at the same time, and such healthy youngsters as yours evidently are! John asks me about the form of birth announcement to send out: The best kind is simply a visiting card of the parents with a tiny card of the baby's tied to one corner with a narrow white ribbon. In the case of twins, you may have two little cards or else both babies' names on the same card. Be sure to have their birth registered or ask your doctor to do so, as this is most important.

I am glad you are going to name them after their parents, and think "Jack" and "Polly" are very pretty names while they are little. Jack should have pink for his color and little Polly have blue. You will have to buy more clothing soon, I am sure, but you can get very nice layettes ready-made when it is necessary to do so, and you can easily get another clothes-basket bed until later on when they will each need a crib. If no one has time to hem a lot more diapers, these may be gotten ready-hemmed also, but cost a little more.

Your nurse and doctor have taken such good care of you and the babies that they will have a good start in life, and this means *everything* to a baby. I am so glad the antiseptic drops were used in their eyes right away, for while there may not be any infection present in every case, it is too great a risk to run, and may save the baby from being blind. In many states the law requires this precaution.

I am also delighted to hear that there was no trouble with the navel cords. If they are kept dry with a dressing of Men-nen's Kora-Konia, and wrapped in sterilized gauze until they drop off naturally at about the end of a week, there is no trouble

later on. The Kora-Konia is a combination of ingredients that are drying, antiseptic, antacid, and soothing, so altogether it makes a perfect dressing for the cord of new-born babies. Your doctor and nurse must have been pleased to find you had a supply on hand. John writes this is the first thing the nurse asked for when she was giving the babies their bath. You will find it invaluable later on to prevent or cure chafing and diaper rash.

You are very fortunate, my dear, to be able to nurse your babies, at least partly. Mother's milk is the one perfect food for babies. As you have twins, there is no wonder that you cannot nurse both babies entirely, but by giving each baby the breast at one meal and a bottle of correctly modified milk at the next meal, they will get along nicely and it will not be too much for you.

John writes the babies are fed every three hours up to 6 P.M., then at 10 P.M. and 2 A.M. This is right for the present and just the way we do at the hospital. Being absolutely regular as to meal time is essential to the health of a baby. If they are asleep at feeding time it is better to wake them at first, and very soon they will wake themselves like little alarm-clocks. While Jack is nursed, Polly may be taking her bottle, and *vice versa*. Even with one baby it is often advisable to give one bottle of modified milk in the twenty-four hours. This accustoms the baby to taking a bottle and prepares the way for weaning should it become necessary. It also gives the mother needed rest and time for occasional recreation.

I am sure your diet is being properly regulated; do not try to take large quantities of milk or other fluids; take your regular meals and a bowl of yellow cornmeal or oatmeal gruel at bedtime. Foods that agree with you are not apt to upset the babies. A little tea or coffee will not harm you, but milk and cocoa are to be preferred. It is no longer thought necessary for a nursing mother to abstain from eating green vegetables and fruits; in fact, they are very useful in keeping the bowels open, a very essential point for both mother and baby. Simple, nourishing meals and plenty of water between meals makes the best diet for a nursing mother.

I know you will be a sensible little mother, Mary, and not let things worry you too much. The nervous and mental condition of a mother, especially just after her nurse leaves, has more bearing on her supply of milk than almost anything else.

Try to get eight hours sleep at night, lie down in the day time, while the babies are asleep, for an hour if possible, and go out every day for a walk as soon as you feel strong enough, or take a ride in the street car or a short drive for the first few weeks. All these little points are necessary for both you and the babies.

I like the formulas you are using for modified milk for the bottle meals. They are practically the same as we use at our babies' clinic and very similar to those advised by Dr. L. E. Holt. It should take a baby twenty minutes to finish a breast or bottle meal. As Polly is the smaller and more delicate baby, it is an excellent plan to give her the four breast meals and three bottles while Jack has the four bottles and three breast feedings. Your nurse seems to have a lot of common sense.

The formula we give our normal babies at the hospital during their first month consists at first of six ounces of Certified whole milk, fourteen ounces of boiled water, three level tablespoonfuls of milk or malt sugar, or else two level tablespoonfuls of cane sugar. Usually we increase this about once each week by adding half an ounce more milk and subtracting half an ounce of water. Generally we begin with $1\frac{1}{2}$ ounces of the formula in each one of seven bottles, if the baby is to be entirely bottle-fed, and work up gradually to four ounces in each bottle by the time the baby is one month old.

The strength of the food and the quantity given are increased on different days, so no upsetting results. By the end of the first month the average baby takes twelve ounces of whole milk, eighteen ounces of boiled water, $4\frac{1}{2}$ tablespoonfuls of milk or malt sugar, or three level tablespoonfuls of cane sugar, four ounces in each one of seven bottles.

For twin babies you will have to make up seven bottles, too, so this same formula may be used, if your doctor approves, by the time your babies are a month old.

In preparing the food formulas it is best to boil the water for five minutes first. Measure it and add the sugar required in the special formula to the water while it is hot. Then strain this solution through cheesecloth, and when it is perfectly cold add the cold, raw Certified milk to it. Mix the solution well and pour the required number of ounces into each one of seven bottles. Cork with non-absorbent cotton that has first been sterilized by baking a little in the oven, or else use regular corks and boil these every day, but be very careful no little

pieces of cork get into the bottles of milk, for much harm may be done by the baby's swallowing these.

After the bottles of prepared food are corked they should be placed in the wire rack and the rack placed close to the ice until meal time. When feeding time comes stand one bottle in hot water until the food is 98° F. to 99° F. or blood heat. Test the food by dropping a few drops on your wrist, over your pulse. Never put the rubber nipple in your own mouth.

Next time I will tell you all about the special care of bottles and nipples.

Just a few words about your milk supply, Mary: It is most important that this should be absolutely pure. It should come from a herd of tuberculin-tested grade cows that are kept under perfect sanitary conditions and milked by clean milkers into sterilized pails, cooled and strained at once, and bottled in sterilized bottles at the farm. Never use loose or canned milk for babies. As soon as the milk is delivered at your house, it must be put at once in the ice-box and never left standing on a hot door-step or in a hot kitchen. It must be kept capped, as it was when bottled at the farm, until it is time to prepare the milk for the babies.

In many large cities it is possible to obtain Certified milk. This is perfectly clean, raw milk, produced under the inspection of medical authorities, and is the best of all milk for babies. It is more expensive but many times worth its extra price. It does not need to be boiled or pasteurized, simply modified with water, gruel, or whatever the doctor may direct.

If it is not possible to obtain this raw Certified milk, then it is usually wiser to pasteurize milk for young babies, and for older babies, too, in summer time. It is wiser to buy a regular pasteurizer for this purpose, but if one cannot afford this, the Government book, "Infant Care," advises that home pasteurizing shall be done in the following manner:

"Put a gallon of water (four quarts) on the stove in a kettle. When the water is boiling hard, remove the kettle from the stove to a table and allow it to stand uncovered for ten minutes; then put the filled and loosely corked bottles into the water, cover the kettle, and allow it to stand covered for half an hour. At the end of this time remove the bottles, cool rapidly under running water, and put in the ice-box until needed. Do not uncork the bottle from the time it is first closed until the baby is to be fed."

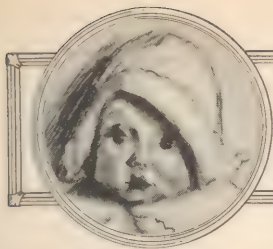
The wire bottle-rack will keep the bottles steady and prevent them from tipping over while in the pasteurizing kettle. Bottles are not apt to break during the process if they have been boiled when they were first bought.

Some physicians like to give boiled milk in feeding infants, in which case the milk may be poured into a perfectly clean saucepan and boiled for three minutes or as long as the doctor may direct, modified and then poured into sterilized bottles, corked, and cooled rapidly.

Do you realize, Mary, that little Jack's weight and length are the average for a normal baby? Birth weight for boys is $7\frac{1}{2}$ pounds, length $20\frac{1}{2}$ inches; girls weigh and measure a fraction less, as a rule. In the case of little Polly, it is perfectly natural for her to be a pound or even more lighter than Jack, for she is a twin, and twins generally are smaller than a single baby. Do not worry if they have lost some the first week, for this is perfectly natural, too; the normal baby usually regains his birth weight in ten days or so, and then gains steadily every week after that, from four to six ounces, usually the first six months, and after that more slowly. Too rapid gain in weight is not to be desired, and no gain at all demands the attention of the doctor.

When your good nurse goes, I shall write you again, for I know you will miss her at first. You may depend on me to help you all I possibly can. As you think of any questions you would like to ask me, just jot them down on a piece of paper, and send me the collection as often as you like. I am perfectly sure you will get along famously, so do not worry, dear.





Letter Four *The Babies' Second Month*

DEAR MARY:

As you now have full charge of those precious babies, I will begin this letter by telling you how to take care of their bottles and nipples, for this is of the greatest importance. Your enamel-topped table with its electric stove, shelf above for bottles, etc., and drawer for towels and other small articles is an ideal arrangement for the babies' diet kitchen. A small gas stove or a sterno outfit is often used if no electricity is at hand. I suppose you already have the following list of articles for preparing the food—have you not? Twelve nursing-bottles, six black rubber nipples, a good bottle-brush, a graduated measuring-glass, a two-quart pitcher, a strainer, a glass or enamel funnel, a tablespoon, a kettle for sterilizing the bottles, and two glass jars for your cotton and sugar, a bottle-rack, a bottle-warmer or quart measure. Your bathroom being so close at hand, you can give the bottles and nipples their first washing there and get all the fresh water you need easily. A little later you will need a double boiler for making gruels.

Your bottles should at present hold six ounces and be the kind that have a short but fairly wide neck with ounces clearly marked on the sides. These are easy to clean. Later on you will need eight-ounce bottles, but they are rather clumsy for a tiny baby at first.

As soon as a baby has emptied the bottle, rinse it at once with cold water, and let it stand filled with cold water and a pinch of bicarbonate of soda until all the day's supply of bottles have been used. When all are collected, scrub them with the bottle-brush, using hot water and soapsuds, rinse very thoroughly, and turn them upside down in the bottle-rack to drain. A short time before you are ready to prepare the formula put all the bottles in a kettle of water, boil for fifteen minutes, and stand them again in the rack upside down until you have the food ready to pour into them.

The nipples should be of good black rubber and conical in

shape. They should have one small hole, which you may make at home from "blind nipples" with a cambric needle heated in the flame or else buy all made. They should not have any rough devices on the inside to prevent collapse, etc., as these are so hard to keep clean. Under no circumstances use nipples attached to long rubber tubes, as these are impossible to keep clean. When the bottle of food is inverted the food should drop rapidly but not run in a steady stream. As soon as the baby has finished a meal the nipple should be at once rinsed in cold water very thoroughly and placed in a covered jar of boric-acid solution. Once daily all the nipples should be turned inside out and thoroughly scrubbed with hot water and soap-suds, rinsed well, and put back in a fresh solution of boric acid, (a level teaspoonful of boric acid to one pint of boiled water). New nipples should be boiled, but boiling every day soon renders them too soft to use. If they are kept clean right along, the frequent boiling is not really necessary. No one brand of rubber nipples is always satisfactory; you will have to keep trying them until you get good ones. They will collapse sometimes, in any case, and you should have extra ones always on hand.

If you can have a nursery ice-box up-stairs it will save you lots of steps and time. It must be kept scrupulously clean and the bottles must stand close to the ice. This is often impossible to manage in the family refrigerator, and the milk is consequently not kept cold enough.

If you can, take the baby up on your arm while you give the bottle, except possibly at night, when this is hard to manage. Do not let him sleep while taking a meal; keep him at work until it is finished—from fifteen to twenty minutes is the right time to allow. Use a knit or flannel bag to cover the bottle while the food is being consumed; cold food often causes colic. Never warm over any food that is left; if the baby does not take it all after twenty minutes, throw what remains away; he will probably be more ready to take his next meal.

The formulas many doctors advocate for this second month of life consist of: Thirteen ounces of whole milk, seventeen ounces of boiled water, $4\frac{1}{2}$ level tablespoonfuls of milk or malt sugar or three level tablespoonfuls of cane sugar—four ounces of this in each one of seven bottles. This is used for about two weeks, and then very often a gradual increase is needed.

Fourteen ounces of whole milk to $17\frac{1}{2}$ ounces of boiled water; with the sugar the same, but $4\frac{1}{2}$ ounces of this formula

are given in each one of seven bottles. I think what you are now giving the twins is practically the same as this. No set rules or formulas that will suit every baby can be given. Each baby differs somewhat and must be fed according to his weight, age, and digestive capacity.

If your babies are gaining from four to six ounces each week, have one or two smooth, yellow bowel movements each day, do not vomit, and seldom have gas or colic, they are doing very well and all you can expect them to do. Their food is surely agreeing with them.

You write that you want me to tell you exactly how it is best to give a young baby a bath, in order to see if you are doing all right in this respect. To give a baby a bath properly usually takes about twenty minutes. There are two ways of managing a baby's bath, one is to bathe him on a table and the other is the lap bath. You may do either way most convenient to you, but always remember that the most essential thing is to keep the baby warm while the bath is being given.

Every healthy baby should have a tub bath each morning of his life and be undressed and have a sponge bath each evening before he goes to bed at 6 P.M. At least one hour after a meal is the right time to bathe a baby. The temperature of the nursery should be 72° F.; the temperature of the bath water from 98° to 99° while the baby is small. In cool weather bathe before an open fire or heater if possible. Use a screen around you and baby to keep off all possible drafts. Use a bath thermometer, *always*, to test the temperature of the water. Have a basin of warm water, a tub of water a little warmer than that in the basin, two pitchers for hot and cold water, a low table with the toilet basket and its contents, a rack with one set of baby's clothes warming before the fire, and if you are going to give a table bath have a table with pad and bathing apron or blanket on it, or if not, then have a low chair without arms, and fasten the bathing apron on yourself with a towel over it, pushed aside, before you take the baby up. After baby is undressed wrap him carefully in the bath apron, leaving one corner open so you can get your hand underneath. First wash his face with clear water from the basin, using a cheese-cloth wash-cloth, *never a sponge*, dry the face with a soft towel, and put a little of Mennen Borated Skin Soap on the wash-cloth; wash the scalp thoroughly, being careful not to get soap into the eyes; rinse and dry the scalp. Now use the same

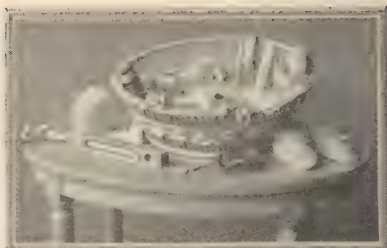
soap on the wash-cloth again, and with the hand under the bath apron gently bathe the entire little body, taking out one little arm and leg at a time, washing it, and putting it back again. Roll the baby over so you can reach his back and get into all the creases. After the soaping process, baby is ready for his rinse in the tub of fresh, warm water. Be sure to test the temperature of the water just before

you put him in, adding a little hot or cold water to the tub, as the case may require, and never wait to do this until you have him actually in the tub. Support his head on your left hand and arm and gently lower him into the bath tub. Quickly rinse all soap off with a fresh wash-cloth, then take baby out of the tub onto the dry towel over the bath apron on lap or table and wrap him up in these.

To dry him, pat him all over and then remove the wet towel, letting him lie on the bath apron. It is most important that no moisture is left in the creases of baby's tender skin. To insure this, there is nothing so good as a dusting with *Mennen Borated Talcum Powder*. Do not spare the powder; it will prevent chafing and is worth its weight in gold for every baby. We use tons of it at our hospital, as all our doctors recommend it for their little patients.

In the fat little neck, under the arms, in the groin, and on the buttocks the powder should be dusted. If the flesh is at all inflamed or irritated, dust it with *Kora-Konia*. After this is done it is time to put on the baby's band; sew it on the left side while you use the flannel binder the first six weeks, then after this slip the knit band on over the feet. Put on the diaper, then the long stockings, which should be pinned to the diapers so little knees cannot get bare, and the booties. Put on the shirt, then the flannel skirt and dress together, slipping these two garments over the feet. When all are on, turn the baby over and button them all together. Then brush his hair in the back and turn over again to brush it in the front, thus avoiding unnecessary handling and turning.

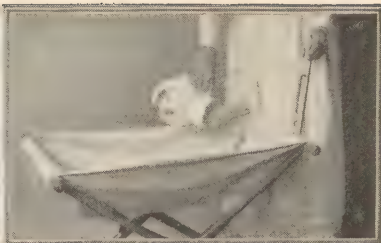
Now, take a small piece of cotton and bathe each little



The Baby Basket, large enough to hold the essentials for Baby's toilet and small enough to be carried about easily. See page 3.



After Baby is undressed, wrap him carefully in the bath apron, leaving one corner open so you can get your hand underneath.



The bathtub is best of rubber. Use a bath thermometer always to test temperature of the water.



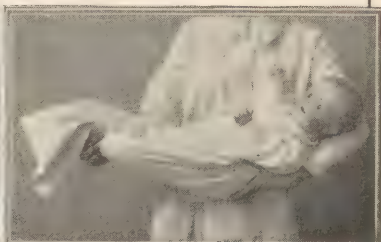
It is most important that no moisture is left in creases of Baby's tender skin. To insure this there is nothing so good as a dusting with Mennen Borated Talcum.



Gently slip on the shirt and then pin up the diaper and fasten the long woolen stockings to it.



Whenever the finger or toe nails grow long, they should be trimmed with rounded scissors, as this prevents scratching.



There is nothing in the world so sweet as a freshly bathed baby. This is the correct way to lift him.

eye with a solution of boric acid (one teaspoonful to one pint boiled water), using separate cotton for each eye and drying well with dry cotton. Cleanse the nose with a tiny swab of cotton firmly twisted on a wooden toothpick and dipped in the boric-acid solution. *Gently* swab out the mouth with boiled water or boric-acid solution, being *very careful* not to rub hard to injure the delicate mucous membrane; better not wash it at all than injure this. Gently cleanse the ears and thoroughly dry them behind as well as inside.

Whenever the finger or toe nails grow long they should be trimmed with the rounded scissors, as this prevents scratching.

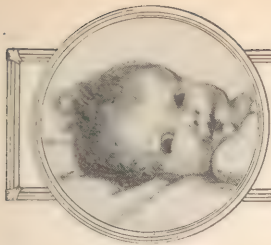
The genital organs of babies must be kept very clean, too; so I will give you special directions for Jack and Polly. Jack's foreskin should be gently pushed back several times weekly and the parts bathed with boric-acid solution so no white secretion will collect there to irritate him. If you cannot do this very easily, your doctor's attention should be called to it, as it may need to be stretched or possibly circumcision performed.

For Polly, only separate the parts carefully and bathe them with warm water, then be careful to dry very thoroughly and dust on a little of Mennen Borated Talcum Powder.

Before I close I must just warn you a little about flies and mosquitoes. These insects do more harm than many young mothers realize. They breed and carry disease germs, walk over disgustingly dirty objects, and then light on the dainty little face of baby. Be sure to have nettings over your babies when they go out-of-doors and the windows well screened in the house. If flies or mosquitoes get into the house in spite of this, you will have to have netting over the cribs, too, indoors, but never let it rest directly on baby's face. Make a little canopy for the netting. Be very careful flies do not alight on the rubber nipples also.

Be careful of the babies' eyes, Mary, and do not allow them to lie staring at a bright gas or electric light or at the sunlight. Even when they are asleep, bright lights of any kind should never be allowed to shine in their faces. A glare of white light is just as bad for them as looking steadily at a white house with sun shining on it or the vivid white light one finds so often at the seashore. Do not keep them in a dark room, of course, but just shield their eyes in some way from the direct bright lights.

This is a long, long letter, my dear little niece, but there is so much I want to tell you while the babies are very young, and everything is new to you in caring for them!



Letter Five

The Babies' Third Month

MY DEAR MARY:

First of all, I will answer your questions. I am glad you like the question-box idea and find it helpful. You write:

No. 1. "Jack has prickly-heat rash; how shall I treat it?" On very warm days omit the silk-and-wool shirt, even if it is very thin, and use the thin silk-and-wool knit band with shoulder-straps in its place. Give frequent sponge baths with one teaspoonful of bicarbonate of soda to one pint of tepid water, and gently pat the skin after this with a soft towel. Next apply plenty of Mennen Kora-Konia. This is the very best treatment for baby rashes I have ever seen used. It soothes almost immediately, and a baby who was uncomfortable and irritated will drop off into a refreshing sleep.

At the hospital we tried the Kora-Konia on hundreds of poor little babies all through the hot summer, and invariably got splendid results. The mothers were so grateful and doctors so delighted with the results of this powder that I am perfectly sure it will help Jack and cure him up in no time.

No. 2. "What shall I do when the babies have hiccoughs and Polly has an attack of colic?"

For hiccoughs, give two teaspoonfuls of warm, boiled water with a tiny pinch of bicarbonate of soda in it. This is better than sugar, which used to be given.

For an attack of colic, warm the baby's hands and feet, place a hot-water bag or hot flannel over the abdomen, give warm water with a pinch of soda bicarbonate by mouth, and if all this does not help, then give two ounces of warm water with a pinch of soda bicarbonate in your little bulb baby syringe by rectum. After you have injected the water, gently massage the baby's abdomen so that the water and gas will soon come out together. This is usually very quick relief. Each time after Polly is fed, hold her up a moment over your shoulder and pat her back to help bring up the gas. She may nurse too fast. If your milk flows very freely, try a nipple shield with

one small hole in it, so it will take her a little longer to get her meal from you. You can regulate the flow of milk from the bottle easily by making the hole in her nipples a little smaller. Be sure to keep the neck of the bottles well filled with food, and do not let air bubbles get in or the food get cold while she is taking it.

No. 3. "Is it time yet to train the babies to use a small chamber, and how shall I go about it?"

Yes, it is quite time and will save you lots of trouble if you once establish this regular habit. It will be invaluable to both babies throughout life also. At a regular hour after one of the morning meals, place a small chamber in your lap and hold the baby over it, carefully supporting the back against your chest; if the bowels do not move in five minutes, gently insert a small soap pencil made from a pure soap, like Mennen Borated Skin Soap, into the rectum a very short distance, just to start the movement. In a short time this will not be needed; the regularity and the position of the baby will be all that is necessary. When they are eight or nine months old they may use a regular nursery toilet-chair, as they will be strong enough to sit up alone in one, by that time. If the babies usually have two bowel movements daily while so young, you may do this again late in the afternoon before they go to bed for the night.

No. 4. "How much water do the babies need each day, and what is the best time and manner in which to give it?"

At this age about three ounces of water are needed. Boil some water in the morning and put it in a corked bottle on the ice. Three times daily, between meals, if the babies are awake, give them one ounce of the boiled water heated to blood-heat first; use a nursing-bottle for this purpose. They may have more if they are awake and fussy at other times, but this is enough to flush out the kidneys and quench thirst on warm days. Never put sugar in the water, but if the babies do not want to take any water at all, you may flavor it with a little orange juice if necessary.

No. 5. "What kind of a baby-carriage is best, and how much fresh air do the babies really need?"

As you have twins, you will have to get a double baby-carriage; one where the babies can ride side by side is better than where they face each other, as it is not very good for a baby to ride backward. The best kind of a carriage is one that has good springs, is large enough for a baby to lie down in and

take his nap out-of-doors, for the first year at least, made of wicker so as to be as light as possible. A wind-shield and good hood or top of some kind lined with *green*, not white, is essential also. If you can put them out on your piazza after they have been bathed and fed in the morning and leave them to take their long morning nap there you are very fortunate. For mothers who have no piazza or yard, it is usually necessary to let the baby take the morning nap in the nursery with windows wide open, while mother does her morning work about the nursery and bathroom. In the afternoon, when you have more time, a walk with the babies in their carriage will do you all good, but do not walk about for hours at a time as so many mothers seem to think is necessary. Take a camp-stool with you and sit down awhile or go to some park. At this season they should have about six hours in the open air each day. Plan to save the strength of baby's chauffeur all you can.

No. 6. "How can I keep people from spoiling my babies without hurting their feelings?"

Poor little mother! With such attractive babies you must have a hard time to keep friends from spoiling them. I know you are showered with well-meaning advice, too, and do not wonder you get "all mixed up" so often. The best way to do is to write out a schedule and pin it up on the nursery wall, and tell friends you are going strictly by that and please not do anything to disturb it. Have one hour after the babies have had a long nap when visitors may see them, plan it so this time comes before a feeding hour, and let the babies be held a little while but never be picked up again if they cry for it, after once being put back in their cribs. Do not allow any one to kiss your babies, on the face at least; a kiss on the chubby little hand, sometimes, will do no harm.

As to the advice so freely bestowed upon you, be polite about it and then do exactly as you think best, referring to your doctor or your nurse whenever really necessary.

Most mothers have different ways, and all think theirs are best, so if you try to do as all your friends advise, you will naturally be very much confused. With a little tact you can manage, Mary dear, I am sure. I enclose an average schedule.



Now I will give you the food formula often used by the normal baby from eight to twelve weeks old:

Whole milk, fifteen ounces; boiled water, $16\frac{1}{2}$ ounces; milk or malt sugar, $4\frac{1}{2}$ level tablespoonfuls, or else cane sugar, three level tablespoonfuls. Four and one-half ounces of this in each one of seven bottles. This for the first two weeks of the third month, then increased to whole milk, seventeen ounces; boiled water, eighteen ounces; milk or malt sugar, $4\frac{1}{2}$ level tablespoonfuls, or cane sugar, three level tablespoonfuls; five ounces in each one of seven bottles for the latter part of this month. If Polly has colic at all frequently, you should increase her food a little more slowly than you do Jack's. She still weighs less and may need less food especially in quantity.

Has any one ever told you how to care for diapers, Mary? They should be removed from the baby at once when wet or soiled and placed in a covered pail in the bathroom, never laid down on the nursery floor. At the first opportunity they should be rinsed with cold water, then put in a pail to soak. Once daily wash the collection of diapers with a pure white soap and hot water, then rinse very thoroughly; next boil them in clear water and hang out in the open air to dry in the sun. Never dry diapers before the nursery fire. They may be warmed there, just before they are put on, as one should never put either damp or cold clothing of any sort onto a baby. It is better to iron diapers, but if you have too much to do they may be simply folded down and then used. A diaper that has been simply wet should not be used again without at least washing. A peculiar odor clings to diapers if they are not properly cared for, and often a baby's delicate skin is very badly chafed or irritated from improper diaper-washing, or if the child is allowed to lie too long in a wet napkin.

I hope you will not have any such troubles with your babies, but if you do, do not waste a minute in getting out your Kora-Konia, and using this on the babies wherever they are red or chafed. There is nothing that will both prevent and cure "diaper rashes" as this fine healing powder will.

I must really close now. Send me as many questions as you like and kiss those blessed babies on their little hands for me.

Schedule for a Young Baby's Day

6 A.M. First meal.

8 A.M. Water or orange-juice in a bottle.

8.30 A.M. Bowel movement and bath.

9 A.M. Second meal, then nap out-of-doors, if possible, until 12 M.

12 M. Third meal, awake for an hour, and little water to drink; natural exercise.

1-3 P.M. Nap out-of-doors.

3 P.M. Fourth meal.

3-5.30 P.M. Baby's waking time; out-of-doors, if possible, at least part of time, visiting hours during this time, and little water to drink; natural exercise and loving time.

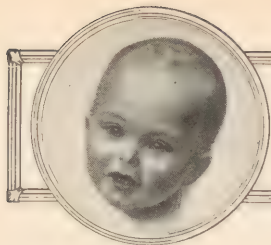
5.30 P.M. Undress for night and sponge bath; bowels often move.

6 P.M. Fifth meal and bed.

10 P.M. Sixth meal and change diapers.

2 A.M. Seventh meal, until three months old, then discontinue. Change diapers if fed and awake at this time.





Letter Six *The Babies' Fourth and Fifth Months*

DEAR MARY:

Now that your babies are three months of age, they have gotten a really good start in life, and no doubt you are finding it easier to take care of them. I will answer your questions first as usual.

No. 1. "What should a normal baby three months old weigh?"

The average healthy baby weighs thirteen pounds at three months. During the first six months from one pound to one pound and a half is gained each month; after that the gain is slower, from twelve ounces to one pound monthly being gained up to one year. Then usually only about half a pound a month for the second year. Between five and six months a normal baby doubles his birth weight, and at one year he trebles it.

No. 2. "When should the babies be put in short clothes, and of what should these consist?"

Usually from three to four months is the best time to shorten a baby's clothes, unless this comes in very cold weather, when one may wait a little longer. Have the clothes ankle length. They should consist of a silk or cotton-and-wool ribbed-knit band with shoulder-straps and tabs to pin the diaper to, silk or cotton-and-wool shirt, flannel skirt made on a little waist, white skirt (if wanted), dress, long merino stockings pinned to diapers, and moccasins or soft kid shoes. The weight of the underwear must depend on the weather. Light weight for summer, medium weight for winter, using sacks for spring and fall over the lighter-weight flannels, so that a third set need not be bought. Diapers, of course, should be used, too.

No. 3. "May rubber pants be used for the babies?"

No; these are not at all advisable; they prevent ventilation of the skin and often cause chafing. To protect the dress you may fold a diaper and inside this place a small piece of thin, rubberized material; pin this about the baby's hips so it is outside of the regular diaper but inside the skirts, and let it

hang down so the baby lies or sits on this but it is all open to the air in front.

No. 4. "When should the babies be vaccinated?"

Before they are six months old have them vaccinated by your doctor. Between the fourth and fifth month is a good time, as usually teething has not begun then. Do not use a shield and have your doctor tell you exactly how he wishes you to take care of the wounds.

No. 5. "What may I use as a substitute for fresh milk on the train?"

It is quite an undertaking to travel with twins, my dear, but no doubt John's father and mother want to see the babies, and if you keep to their regular schedules I do not think it will harm them. Use a powdered milk on the train. There are several good brands, but it might be well to ask your doctor to select one. At meal time have the porter bring you boiling water, pour the five or six ounces into the nursing-bottle, and add the powdered milk to it and shake it well; cool to 98° F., and this is all there is to it. The amount you use for a given feeding depends on the age and weight of your babies, just as the fresh milk does. If you are going away this month, I should think 5½ ounces of boiled water and 4½ level tablespoonfuls of powdered milk to each bottle would be right.

You say in your letter that Jack had an attack of diarrhœa caused by a sour bottle of milk after a thunderstorm. You did right to stop all food for twelve hours and give only boiled water during that time. I see your doctor believes in castor oil still; some doctors give this and others do not advise it now. You say you went back to the regular feeding gradually and boiled the milk in the bottles for a few days, diluting the formulas more, as your doctor directed, and giving an ounce of boiled water before each breast meal which you shortened to a ten-minute interval at first. This is practically what our doctors at the hospital order, too, only in some cases they give barley water or wheat water (page 26) without sugar in place of the boiled water for the first twenty-four hours; then add the milk in the formulas to the barley water *very gradually*.

You say Jack was very badly scalded by his bad bowel movements and that you cannot seem to heal this chafed area. You have the best of all remedies right in the house, Mary; use your Kora-Konia, and use it freely. It will do just as much for this as it did for the prickly-heat rash you cured so quickly

After the parts are healed they will be tender for some time, probably, so substitute the Kora-Konia for Mennen Borated Talcum Powder, for a time at least, as prevention is even better than cure. Use the Kora-Konia wherever there are moist surfaces that chafe or irritate easily as I told you before; you will never be disappointed in your results while you do this.

Have you begun to prop your babies up yet? You may do so for half an hour at a time now, using your clothes-basket beds, with a hair pillow at the back or simply a pad folded so they are in a semi-upright position, but still may lie down when they get the least bit tired. Do not use a high chair or anything that keeps the little backs too straight at this age.

Now, about the formulas we use for the average baby the fourth and fifth months. We do not increase the food so fast now, but generally begin to use a cereal gruel as the dilutant in place of the plain boiled water. To make this gruel we take one level tablespoonful of a cereal flour, barley, oat, or wheat, as the doctor directs, we blend this with a little cold water, and stir it into one pint of boiling water in a double boiler, adding a pinch of salt, and boil it half an hour. When finished we measure it and add enough boiling water to make up the pint if any has boiled away; we then add the required amount of sugar in the given formula, strain this, and when cold add the milk, mixing it all thoroughly and bottling as usual.

When three months old, the average baby will take $16\frac{1}{2}$ ounces of whole milk, $16\frac{1}{2}$ ounces of a cereal gruel, 4 level tablespoonfuls of milk or malt sugar or $2\frac{1}{2}$ level tablespoonfuls of cane sugar, $5\frac{1}{2}$ ounces in each one of six bottles. We omit the 2 A.M. meal at this age if it has not been done a little earlier, giving the baby boiled water when he wakes at first and letting him cry it out a night or two if he wakes and frets. Many never wake at all after the 10 P.M. meal until time for the 6 A.M. feeding.

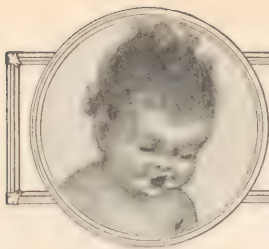
When baby is four months old we usually increase the formula to nineteen ounces of whole milk, seventeen ounces of a cereal gruel, keep the sugar the same, but use six ounces in each one of the six bottles. Each one of your twins will get now three bottle meals and three meals from the breast. We keep the gruels the same proportion for a while using a little more of the flours and more water as needed when the quantity of food is increased.

If a baby is inclined to be constipated we use oatmeal gruel in cool weather; if not, the doctors generally use barley or wheat.

Your twinnies must be more fascinating than ever now, as they laugh out loud and seem to notice both you and their daddy. I really think Jack will keep his brown eyes and hair and Polly will have John's light hair and blue eyes. They seldom change very much after this age.

Good luck to you if you attempt your little trip; take along some old linen to use as pads inside the regular diapers on the train, as you can simply throw this away. Do not let the relatives spoil your well-trained babies, but love them all they like when they are good.





Letter Seven *The Babies' Sixth, Seventh and Eight Months*

MY DEAR MARY:

You made quite a long visit and must be glad to get settled down at home again, are you not? I am pleased you managed so nicely and that the babies are as sweet as ever, if not more so.

This time you say you want to know all about teeth and teething, so I will start with that.

Generally by the time a baby is five months old he begins to "drool" and you begin to think of teething-bibs. The little gums look swollen; sometimes baby is rather irritable and will not take his food so eagerly. Do not force him if this happens, but beware of laying every ill under the sun to "only teething." If you get into the habit of doing this you may let graver illnesses run on too far. When a baby seems to be ailing for more than twenty-four hours, it is far wiser to have a doctor see him.

Keep the food right, give plenty of fresh air, see that the bowels move every day, and give boiled water between meals, then do not worry about teething. Do not give them a hard ring to bite on as this only toughens the tissues. Rub the gums gently with cotton dipped in cold boric-acid solution. This is the manner in which teeth of the first set usually appear:

Two lower central teeth or central incisors, fifth to ninth month; four upper central teeth or upper incisors, eighth to twelfth month; two other lower central teeth or incisors and four first front double teeth or molars, twelfth to eighteenth month; four canine teeth, upper ones "eye teeth" and lower ones "stomach teeth," from the eighteenth to twenty-fourth month; four back double teeth or molars, from the twenty-fourth to thirtieth month, making twenty teeth in all for this first set.

When a baby is one year old he usually has six teeth, at $1\frac{1}{2}$ years he has twelve teeth, at two years sixteen teeth, and at $2\frac{1}{2}$ years he has twenty teeth.

Many entire families cut teeth very late and others cut them very early, the manner in which teeth are cut being a family trait in some cases.

The little teeth must be kept clean and white by means of cotton twisted about your little finger, dipped in boric-acid solution and then gently rubbed on the teeth. By the time a baby has six or eight teeth a very small, soft tooth-brush may be used, one with a single row of bristles if possible. On this soft little brush place a little Mennen Cream Dentifrice and brush the little teeth up and down, as well as across, twice daily. Rinse the mouth with pure boiled water. This dentifrice is not only the best to prevent decaying of the teeth but has a most delightful taste, so that even babies enjoy having it used.

Now for your last set of questions:

No. 1. "Shall I still allow the babies to take their morning nap out-of-doors, and what kind of weather must they remain in the house?"

As you have a sheltered piazza, let the babies take their nap out-doors still in their baby-carriage, but cover them up well. If they get out of the covers, use your night flannel sleeping-bag over a coat if necessary, so you will not have to constantly watch them. An old blanket made into a bag, with a little shaping for the shoulders and neck and buttoned down the front something like a "Baby Bunting" wrap, makes a fine sleeping-bag and one that is not too expensive. Have warm worsted hoods to protect the little ears. When you take the babies out for a ride they will want to sit up part of the time now and look about, so use warmly lined wool coats, leggings, and mittens as well as the wool hood or bonnet. Do not take them out if it snows, rains, or if there is a cold, sharp, penetrating wind; on such days wrap them up and let them air in the nursery for an hour or two, either in their cribs or in the baby-carriage, but never on the drafty floor. Open the windows from the top, not the bottom. When it is exceedingly damp from melting snow, it is sometimes best to air babies in the house also. If you take the babies out when the wind is cold and sharp or when the thermometer is much below 20° F., there is danger of having the delicate little cheeks and noses frost-bitten. Veils are not advisable, they get wet and freeze on a baby's face.

You say Polly has such delicate skin her face gets chapped very easily. Try some of Mennen Cold Cream for this; put a little on before you take her out and again when she comes, in and I am sure you will have no more trouble.

No. 2. "What would be a good present to give the babies this Christmas?"

The best thing I can think of is a large exercise-pen or baby-yard. John can make this, I think; if not, you can buy them ready-made. Have one with a raised floor and a wooden fence high enough so the babies cannot possibly get over it. On the floor of the pen you may put an old comfortable or a nursery creeping-rug. They



will spend many happy hours in this pen, if you teach them to like it from the start. It will keep them safe, out of drafts and mischief, and you can go about your work in peace, while they first roll about in it, then creep, and finally learn to stand and walk by holding onto the sides. Babies should never be turned loose on the dusty floor to play, as they not only get cold in this way but pick up everything and put it into their mouths. You may begin to use the pen when the babies are six months old if you like.

No. 3. "Please give me normal weights and measurements of a six-months-old baby."

The Government bureau gives eighteen pounds as weight for boy baby of this age and length as $26\frac{1}{2}$ inches. Little girls usually weigh about one pound less than boys at this time and measure a little less also.

Babies begin to like to reach out for toys at this age, one toy at a time being allowed them. A string of spools, bright ball on a string, rubber or celluloid toys with the little whistle removed, are all suitable things to give them to play with. Here are the formulas, which you asked me to send:

Formula for a baby five months old:

Whole milk.....	22 ounces
Gruel.....	14 ounces

Milk or malt sugar, 3 level tablespoonfuls or cane sugar 2 level tablespoonfuls, 6 ounces in each one of 6 bottles.

Formula for baby six months old:

Whole milk.....	25 ounces
Gruel.....	14 ounces

Milk or malt sugar, 3 level tablespoonfuls or cane sugar 2 tablespoonfuls, $6\frac{1}{2}$ ounces in each one of 6 bottles.

Formula for baby seven months old:

Whole milk.....	28 ounces
Gruel.....	14 ounces

Milk or malt sugar, 3 level tablespoonfuls or else cane sugar 2
tablespoonfuls, 7 ounces in each one of 6 bottles.

You will notice that in these formulas less sugar is used; one reason is that as the baby gets older he needs less, and the other is that the gruel gradually becomes stronger now because less water is taken in the formula; keep one level tablespoonful of the cereal flour to the required number of ounces in each formula. This gives a little more nourishment to the food. Some doctors prefer it made even stronger than this but others think this is strong enough for the present ages at least. If you are doubtful be sure to ask your doctor.

At this age many babies seem to form the thumb-sucking habit. It is a very bad habit to form and is only equalled by the pacifier habit. Sucking frequently on any object causes enlarged tonsils, adenoids, badly shaped mouth, and crooked teeth, to say nothing of the danger of infection from uncleanness. Never allow this sucking habit. If it begins to appear, nip it in the bud. Try cotton mittens without thumbs on the little hands. If this does no good try a cardboard cuff on the arm tied on over the shirt-sleeve but under the dress, so that the baby may play with a toy but not bend the elbow to get the thumb into his mouth. Take off the cuffs several times daily and rub the little arms, leaving them free to exercise while you can watch them. Aluminum mitts may be bought for this purpose also. If baby has ever been given a pacifier, burn it at once and never get another.

If your doctor agrees, this is a good time to begin orange-juice. It not only helps to keep the bowels regular but aids in the general nutrition of the child also. It cannot be given if the bowels are loose.

Take a sweet orange and squeeze out the juice, strain this through cheesecloth, and at first give only one teaspoonful in one teaspoonful of water midway between two meals. Gradually increase the orange juice to one ounce and decrease the water so that by the time a baby is nine or ten months old he is taking the full ounce of clear orange juice. If a baby is constipated, the juice may be begun as early as the second month and gradually worked up to two ounces by the end of the ninth or tenth month. Do not sweeten the orange juice.



Letter Eight *The Babies' Ninth, Tenth, Eleventh and Twelfth Months*

MY DEAR NIECE:

There is no need of my telling you how very much I enjoyed my long visit with you and those darling babies; I am sure you know what a good time I had every moment! Now that I have really seen Jack and Polly, it will be more fun than ever to answer your questions.

While I am in Europe, letters will be irregular, I fear, so I shall try to tell you all I possibly can about the rest of the babies' first year in this letter.

Now that they are eight months old and sit alone so nicely, you may use the little toilet-chair every morning in place of the small chamber in your lap. I am so glad they are well trained in this respect.

As you think your supply of breast milk is getting gradually less, and the babies are now old enough to go four hours between meals, I would put them both on the four-hour schedule. Give Polly three breast meals and two bottle meals and Jack three bottles and two breast meals for the present. Their meal hours will now be 6 A.M., 10 A.M., 2 P.M., 6 P.M., and 10 P.M. One ounce of orange juice should come at 8 A.M.; this may be given plain or in a little water still. It would also be a good time to commence a little beef juice. Give one teaspoonful in the same amount of water at 1.30 P.M., before the 2 P.M. meal, work up gradually to one ounce if it seems to agree well, and gradually omit all water. Make the beef juice by the warm process, which is as follows:

BEEF JUICE, WARM PROCESS

One-half pound of round steak, slightly broiled, and put in a meat-press; press out all the juice, add a pinch of salt, and stand a small cup of this in warm water to heat the beef juice a little. If it is heated too much it will coagulate. You may feed this from a spoon or put it in the nursing-bottle. It should not be given in very warm weather.

FOOD FORMULAS

At eight months of age the average baby will be able to take

29 ounces of whole milk

11 ounces of gruel

3 level tablespoonfuls of milk or malt sugar or 2 of cane sugar, $7\frac{1}{2}$ to 8 ounces every four hours for five meals.

At nine months the formula may be changed to

30 ounces of whole milk

10 ounces of gruel

$2\frac{1}{2}$ tablespoonfuls of milk or malt sugar or $1\frac{1}{2}$ tablespoonfuls of cane sugar. 8 ounces in each one of five bottles.

At ten months change to

31 ounces of whole milk

9 ounces of gruel

2 tablespoonfuls of milk or malt sugar or 1 tablespoonful of cane sugar. 8 ounces in each one of five bottles.

At eleven months the formula may be

32 ounces of whole milk

8 ounces of gruel

1 tablespoonful of milk or malt sugar or $\frac{1}{2}$ tablespoonful of cane sugar. 8 ounces in each one of five bottles.

This is to be continued until the baby is one year old, when, as a rule, plain milk without any modification may be given.

COOKED CEREALS

When the babies are nine months old begin to add a well-cooked cereal to their diet. Farina or Cream of Wheat are good ones to start with. They should be cooked for at least one hour in a double boiler in water only with a pinch of salt. When finished they should be about the consistency of a thin breakfast cereal. Give one to two tablespoonfuls of the cooked cereal with a little of the 10 A.M. bottle of milk poured over it; feed this with a spoon.

When the babies are ten months old they may be given the white of a coddled egg every other day at 1.30 P.M. in place of the beef juice. To coddle an egg, place the egg, with its shell on, in boiling water and at once remove the water from the stove; let the egg remain in the water as it cools for seven to eight minutes, so that the white looks like a jelly. Add a pinch of salt when it is given.

MUTTON AND CHICKEN BROTHS

At eleven months of age fat-free mutton and chicken broths may be added, these to be given alternately with the beef juice

and egg. Begin with one ounce and work up gradually to two ounces. To make mutton and chicken broths, take one pound of chopped lean mutton or chicken and a little of the bone to one pint of cold water and a pinch of salt. Cook this slowly for three to four hours until you have half a pint; add water from time to time if needed. Strain this carefully and when cold remove every particle of fat. At meal time warm it, or in hot weather it may be fed cold in the form of a jelly.

Once or twice daily, at the end of a meal, let the babies have a little piece of zwieback or hard, crisp toast to bite on for a few minutes at a time. This will teach them to chew. Do not allow them to nibble on toast or crackers all the time between meals. You may begin this at about nine months of age.

You should plan to stop all breast milk by the time the babies are one year old, Mary; to do this, simply add one more bottle meal and subtract one breast meal about once a month until they are completely weaned from the breast before hot weather. By weaning thus gradually, neither you nor the babies will be apt to have any trouble at all. Jack will be weaned a little earlier than Polly, but he is the stronger baby. From nine to twelve months is the best time to wean the average baby.

You want to know what to do for colds and a sudden attack of croup, so I will tell you in this letter.

For a simple head cold where the nose is stopped up, drop some liquid albolene up each nostril with a medicine-dropper two or three times daily or gently swab out the nose with albolene on the cotton swab. Usually a teaspoonful of castor oil will help, too, as this carries off the mucous the baby swallows. Do not give a tub bath while baby has a cold, and keep him in the house for a day or two but in well-ventilated rooms. If there are rattles or wheezing on the chest, call your doctor at once.

For simple spasmodic croup which comes on very suddenly, often at night, nothing is so helpful as steam inhalations. The hard breathing and tight barking cough is usually quickly relieved by the steam. A boiling tea-kettle may be used, if you have no regular croup kettle; place the baby under a tent by draping a sheet over the crib and introduce the steam under this, being very careful not to burn the child. If this is not enough, try hot cloths about the throat, flannel wrung out of hot water, first held against your own cheek so as to be sure not

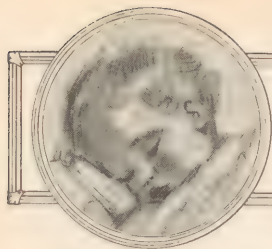
to burn the baby, may be tried. If relief is not given by these simple means make the baby vomit by adding a pinch of mustard to two or three ounces of tepid water; force him to drink this if possible. Call your doctor if breathing is really difficult.

As soon as the babies begin to stand or pull themselves up by the sides of the baby-pen, you should put on stiff-soled shoes. Get well-fitting laced shoes. Much depends on the proper foot-covering for babies. Usually these are needed by the time a baby is ten or eleven months old. Never urge the child to stand or walk; let him alone and he will do so when he feels strong enough, then there will be no danger of bow-legs if he has been properly fed.

I will try to send you a letter so you will get it about the time the babies are one year old, Mary dear, so no more this time.



Method of using croup kettle.



Letter Nine *The Babies from One Year* *to Eighteen Months*

MY DEAR NIECE MARY:

I hope this will reach you on the twinnies' birthday, and shall try to tell you what I think you will need to know about them until they are eighteen months old.

First, I will give you the weight and measurements of the average normal baby at one year, and you can measure the babies and see how they compare with this. The Government table gives the weight of a year-old boy as $21\frac{7}{8}$ pounds and his height as $29\frac{3}{8}$ inches; girls, $20\frac{3}{4}$ pounds, height $28\frac{1}{8}$ inches. Dr. Holt's averages are a little less than these, so you need not worry if your babies come within a pound of the above weights.

The fontanel or "soft spot" on the babies' heads should be considerably smaller now as it is supposed to close at the age of eighteen months. They should stand by holding onto something, and about the age of thirteen months they may take a step or two alone. By the time they are fifteen to sixteen months old they will probably run about by themselves.

Never urge them to do any of these things; give them a chance to do them when they feel strong enough. As for talking, they should say one or two short words now, such as "mamma" or "daddy," and play "pat-a-cake," shake a "by-by," etc. Gradually more and more words will be added to the vocabulary, until by the time they are two years old they should use short sentences. I have already told you about the teeth (page 28) so will not repeat this here.

One long nap a day is enough now; usually the best time for that is from 10.30 A.M. to 1.30 P.M. They should sleep from 6 P.M. until 6 A.M. also, and will be quite ready for this early bed hour if they do not have a later nap.

At one year of age we give up the 10 P.M. meal, adding a little supper at 6 P.M. and stopping the bottle. They should now drink well out of a cup or silver mug. If you have difficulty at first teach them to take the second and third meals from a

cup and allow the bottle at 6 A.M. and 6 P.M. for a few weeks longer. The sooner you get them over the bottle habit now, the better it will be for the babies and you too. This is the way the meals for a year-old baby are usually planned:

6 A.M. Eight ounces of plain, warm milk.

8 A.M. The juice of one sweet orange, or else two tablespoonfuls of apple sauce, pineapple juice, prune juice, or peach juice. Give these fruits in season, of course.

10 A.M. Two to three tablespoonfuls of oatmeal, hominy, wheaten grits, yellow cornmeal mush, Wheatena, farina, Cream of Wheat, or Ralston food, all cooked at least three hours in a double boiler or fireless cooker overnight. At first these should be strained, but by the time the baby is fourteen to eighteen months old straining is usually not required. On the cereals, two ounces of top milk should be poured (not heavy cream), a pinch of salt, but no sugar. One piece of crisp, dry toast, or zwieback. Six ounces of warm milk to drink from a cup.

2 P.M. Two ounces of beef juice (in cool weather) or else one coddled egg (whole egg now) with two tablespoonfuls of well-cooked rice. Or else four to five ounces of fat-free mutton or chicken broth thickened with a little rice or barley. One thin slice of dried-out bread (no butter), five to six ounces of whole milk warmed, to drink.

6 P.M. Three to four tablespoonfuls of barley, rice, wheat, or oat jellies or junket or milk toast. Use two ounces of milk on the cereals or junket. Eight ounces of warm milk to drink. Piece of zwieback or whole wheat cracker.

When the babies are fourteen to fifteen months old, one tablespoonful of a well-cooked green vegetable, like spinach, carrots, asparagus tips, or stewed celery mashed through a sieve may be added to the 2 P.M. meal. Some doctors advise these green vegetables a little earlier; ask your doctor which he prefers, if you like. The age at which a baked potato may be given is still rather a mooted point. Mothers are apt to give it too early. About the fourteenth to sixteenth month is safe, I should say. It should be given in place of the rice mentioned on the list, and begin with a small one.

I think you have the recipes for the foods mentioned here (page 32), with the exception of cereal jellies and junket. To make a cereal jelly take two tablespoonfuls of a cereal flour, blend it with a little cold water, add it to six ounces of boiling water with a pinch of salt, and boil in a double boiler for thirty

minutes until the cereal looks the consistency of a jelly. It should be strained if at all lumpy.

To make junket, one pint of milk should be warmed to 98° or 100° F.; add a pinch of salt, two level teaspoonfuls of sugar, one junket tablet dissolved in a little water, or else two teaspoonfuls of essence of pepsin or liquid rennet. Stir until well mixed, being careful not to overheat, then allow to stand at the room temperature for twenty minutes until the mixture seems firmly coagulated. Pour into cold moulds or a bowl and place in the refrigerator until very cold.

The green vegetables should be cooked in water thoroughly or, better still, steamed, with a pinch of salt, no pepper. Fireless cookers are very convenient things to have for the broths, cereals, and other foods used for babies.

Yes, Mary dear, this is your babies' second summer, but pray do not be frightened to death on this account! Do not allow people to make you believe it is going to be any harder for you than any other summer. The reason the second summer is such a bugbear to mothers is that in former times babies were brought to the table and fed "everything" at this age. No wonder they succumbed to such treatment! If you feed them correctly, never allow "just a taste" of improper food, keep the thinnest of silk-and-wool ribbed-knit bands over the abdomen and little legs covered with long stockings, give them plenty of fresh air, sleep, and baths, with pure boiled water to drink between meals, you are not at all likely to have any trouble this summer.

On very hot days dilute the milk with an ounce or two of barley water to each cup of milk; give less of the other foods, too. Omit the shirt and flannel skirt on hot days, relying on the band for uniform warmth over the digestive organs. As you expect to go to the seashore during July and August, be careful about the milk-supply there, and if it is not perfectly reliable use Dryco while you are away from home. Make it up one level tablespoonful to each ounce of boiled water at this age.

Look out for the tender skin of your babies while they play on the beach. Take a good supply of Mennen Cold Cream and Kora-Konia with you as well as the usual Borated Talcum Powder you use each day. Both the cold cream and Kora-Konia are invaluable for sunburn as well as for chafing and prickly-heat rash.

I would not advise you to allow the babies to go in bathing just yet; have some sea water brought to the house and warmed for their tub baths there. When they are eighteen months to two years of age, they may take a dip in the ocean if they have wool bathing-suits and do not stay wet too long at a time.

You asked me the last time you wrote when your babies should be completely trained not to wet diapers and at what age you could use little drawers. Often this may be accomplished by the fifteenth month, if you remember to take them to their chairs every hour. Some mothers do it even earlier. Little diaper drawers are good to use at this age. They are made so that they can be ironed perfectly flat, as they button on the side of the legs. They are much more comfortable for babies than hot diapers in summer time. If you use cotton crêpe they will not have to be ironed. Rompers may be worn as soon as the babies are trained not to wet much. You will need little cotton waists onto which the drawers, skirt, and garters may be buttoned. Side garters are best, but do not have them so tight that they pull the child over. Wide straw hats to shade the little faces should be used on the sand.

The work here among the little French orphans is perfectly fascinating but leaves time for very little else, so you may not hear from me for some time, Mary dear, but write me all about the babies whenever you can.

I wish Jack and Polly the happiest of birthdays.





Letter Ten *The Babies from Eighteen* *to Twenty-four Months*

DEAR MARY:

You are a good girl to write me all the details about those precious babies, and how I enjoy them as well as the cunning snapshots you send with each letter! As I write now I have half a dozen little pictures before me on my desk. I can clearly see manly little Jack with his mop of brown curls, big brown eyes, and rosy cheeks. I am glad he loves his little "spitfire" sister so well, as you say he will take anything she does to him as a joke.

You will have your hands full with saucy little Polly; her fair curls and innocent blue eyes make her look like a little angel. Begin right away to help her control her fiery little temper, and do not allow her to "boss" Jack all the time. See that they take turns with their toys and pleasures, and try to treat them impartially in all things.

When she gets into a tantrum and screams and stamps her tiny feet, be very gentle but firm with her. Do not whip her, but take her up in your arms and quietly put her in her crib, taking Jack out of the room and going out yourself. Leave her alone while the angry cries continue, wait until she calms down, and then go back to her, and when she says she will be "a dood dirl" take her up and love her a little. If she has been naughty to Jack, have her kiss him and say "sorry" before she is allowed to play with him again.

At eighteen months of age the average normal baby weighs 24 $\frac{5}{8}$ pounds and the height is 31 $\frac{3}{4}$ inches. This average is for boys as found by the Government statistics. Girls weigh about a pound less and measure about the same. Jack and Polly seem to be very normal babies.

You ask if it is a good plan to allow babies of this age to come to the family table. No; I do not think it is at all advisable. Try to teach them table manners first at their own little table, and wait until they can feed themselves neatly before they come to yours. You and John will then have your meals

in peace and the babies will have food that is suitable for them. It may take more time this way, but it pays in the end. They may come to dessert for Sunday dinner when John is at home or an occasional lunch with you, but as a rule have them eat by themselves.

Use a hot-water plate for their hot foods, and begin now to teach them to use a spoon neatly, then a little fork and pusher, and above all things, teach them to chew their food well.

At eighteen months of age babies can usually do with three meals a day and a little fruit juice or cup of milk besides. At 6 to 6.30 A.M., when they first wake, give them the strained juice of an orange; this you may prepare the evening before and keep in a corked bottle all ready for use.

7 to 7.30 A.M. Breakfast—Three large tablespoonfuls of a well-cooked cereal, alternating those mentioned in your former diet list (page 33) and served in the same manner. One piece of toast, very little butter on it now, or dried bread, zwieback, or Huntley and Palmer biscuit; six ounces of warm milk.

10.30 to 11 A.M. Eight ounces of warm milk.

1.30 P.M. to 2 P.M. Two ounces of beef juice or four ounces of vegetable soup, or mutton or chicken broth with rice or barley in them. Also one level tablespoonful of scraped, rare beef pulp, or white meat of chicken, or lamb chop, all very finely cut up, and one tablespoonful of a green vegetable, strained, as spinach, carrots, young, tender beets, peas, string beans, asparagus tips, or stewed celery. Also one white or starchy vegetable, as either rice or baked potato—one tablespoonful. Also one piece of stale bread with little butter, and a baked apple, apple sauce, prune jelly, soft-boiled custard, or junket—one tablespoonful of any one of these desserts. As a treat, one to two tablespoonfuls of home-made vanilla ice-cream may be given once a week if convenient; it is not an essential. No milk with this meal. Substitute soft-cooked egg twice weekly for the meat. Home-canned vegetables, put up in glass, may be used if no fresh ones are obtainable.

5.30 to 6 P.M. Three tablespoonfuls of a cereal jelly (page 37) or else two slices of milk toast or else bread and milk (bread to be dried out in oven, or two days old, at least). One Wheatsworth cracker, or Arrowroot or Educator cracker. Eight ounces of warm milk to drink.

Give water freely between meals but not just at bedtime; if the babies have a little less water late in the afternoon, it

may be easier to prevent bed-wetting, which should be at least fairly well under control now. They should be taken up at 10 P.M. to use the chamber, for one cannot expect them to go longer at this age. By two years old the average child may be completely broken of bed-wetting if properly managed. Children differ much in this respect, however, and doctors do not consider bed-wetting at night really abnormal until the child is three years old.

Here is the recipe for vegetable soup:

One-quarter of a pound of lamb free from fat, one potato, one carrot, two stalks of celery, one tablespoonful of pearl barley, two tablespoonfuls of rice, two quarts of water, a pinch of salt. Cut the vegetables and meat into small pieces, add these, the barley, and rice to two quarts of water and boil down to one quart, cooking three hours. Add a pinch of salt and strain before serving.

Prune jelly you will also need; to make it, soak the prunes overnight in cold water. Pour off this water the next morning and cover them with fresh water; stew them slowly for at least an hour, adding water from time to time as it boils away. Mash them through a sieve and add one tablespoonful of molasses to each pint of the prune pulp; put them again on the fire and cook for half an hour.

You asked me in your last letter if it is still necessary to give the babies a tub bath every day, and how often to wash their hair. Yes, dear, it is best to give a tub bath every day all their lives. If they get into this habit they will be much more well-groomed-looking as well as healthier. You need not give the bath in the morning if you have not the time or if the house is cold. Give it either just before the eleven o'clock nap or else just before supper and bedtime. If you do the latter way, have warm little wrappers and worsted slippers and let them have their supper after the bath. You may have more time if you give one baby the bath at naptime and the other at bedtime. 6.30 P.M. is now bedtime for them.

Once weekly is often enough to wash their hair now. You say Jack has a little brown substance on his scalp quite often, and Polly sometimes seems to have a few white scales under her thick curls. What they need, Mary, is Mennen Tar Shampooing Cream. This is excellent to keep a scalp in healthy condition as well as to cure such little troubles as you mention. Use a little of this on your hands and rub it into the scalp thor-

oughly. Rinse well with clear, warm water, and you will have beautiful hair and scalps as the result.

Yes; babies are a lot of care surely, but are they not a hundredfold worth it? There is no way in which you could be spending your time so usefully and happily, too, as taking care of those darling twins. No doubt you get tired sometimes, and then you should run out to a good play with John in the evening, letting old Margaret stay with the twins. You need a little recreation sometimes as well as any one else, and if you take it, this will keep you from getting nervous and run down. I know many older mothers with grown-up children who say the years when they worked the hardest with their babies were the happiest years of their lives, and I believe them!

By the time your twins are two years old I shall be at home again and shall write their birthday letter from Newark. The work here is fascinating and well worth doing, but there are children at home, too, and plenty to do to help them, I know.

Lots of love to you all.





Letter Eleven *The Babies at Two Years of Age*

DEAR MARY:

Home again and glad to be back in America! This should reach you on the babies' birthday. I shall come to see you all as soon as I can arrange it. How I long to see those darling twins again!

I wonder if they are still keeping up with the Government standard weights and measurements? This is what the average child at two years of age usually weighs and measures. Boys, $27\frac{1}{8}$ pounds; height, $33\frac{3}{4}$ inches. Girls, $26\frac{3}{8}$ pounds; height, $33\frac{3}{8}$ inches.

At the age of two years a new diet list is generally needed, so here is one for you. Each child needs about one quart of milk daily still, but this does not mean he should drink it all. Part of it is to be used on the cereals, part in desserts, and sometimes in the milk soups, cocoa, or milk toast. If a mother insists on her child drinking too much milk, he will not take the solid foods he now needs to build up all the different growing bones and tissues. A varied diet is very essential to all growing children. If a child will not take any one article of food that is especially good for him, never give him something else he prefers in its place, but give him that one article alone, until he is hungry enough to take it. Children often have peculiar whims about foods, such as saying they "hate spinach"; if the mother gives in to such whims, before long the diet list will be exceedingly limited and the child will take only what he happens to fancy.

Some children have food idiosyncrasies, that is, a certain article, like eggs or fish, makes them acutely ill every time it is taken. In such a case of course the article should be given up.

Half an hour before breakfast it is still advisable to give either the juice of an orange or some other fruit juice. If the babies do not wake up in time for this, then the extra fruit juice may be given between breakfast and dinner, but fruit juice given in the early morning usually regulates the bowels best.

Breakfast—7.30 A.M. Three large tablespoonfuls of a thoroughly cooked cereal; any cereal, that is cooked well, may now be allowed, and it does not need to be strained, two to three ounces of top milk and a pinch of salt being poured over it; one slice of stale bread with little butter, or toast, or graham, whole wheat, or yellow cornmeal muffin, if it is at least twenty-four hours old. One soft-boiled, coddled, or poached egg, or else two strips of broiled breakfast bacon (never fry it), six ounces of milk to drink.

Dinner—12.30 to 1 P.M. Four to six ounces of mutton, chicken, beef, or veal broths, or vegetable soup, thickened with a little rice or barley. One tablespoonful of rare roast beef, scraped beef, beefsteak, lamb chop, or white meat of chicken. Once weekly substitute broiled or boiled white fish for the meat. One baked potato, or else one tablespoonful of macaroni, or spaghetti, or rice. One large tablespoonful of a green vegetable, as squash, spinach, carrots, young beets, cauliflower, asparagus tips, peas, string beans, or lima beans. It is usually still best to strain these. One piece of stale bread and butter. No milk, only water to drink. Dessert—rice pudding, Brown Betty, boiled custard, junket, blanc-mange, orange or other fruit-juice gelatin, apple snow, prune whip, or once a week home-made vanilla ice-cream, if desired. One to two level tablespoonfuls of these desserts may be allowed.

Supper—5.30 to 6 P.M. A vegetable purée soup, as lentil, split pea, or fresh green vegetable purées, six ounces of one of these, or else two to three tablespoonfuls of a light cereal, as farina, cream of wheat, or a cereal jelly with top milk on these. Or else milk toast, or stale bread and milk. Slice of stale bread and butter or toast and butter may be given except when two latter articles are given. If no egg was had for breakfast, a poached egg on toast with a little hot milk poured over it may be given as variety in place of the cereals or soups, etc.

One tablespoonful of prune jelly, baked apple, apple sauce, or mashed-up peaches, one Wheatsworth cracker or one small piece of gingerbread, or a home-made cookie may be allowed also. Some few children cannot take fruit, even cooked, with milk; in such cases the fruit desserts for supper should be omitted and given at dinner-time instead. Either one cup of Phillip's cocoa made with at least two-thirds milk or else six ounces of plain milk to drink should be given with this meal also.

Children at this age differ considerably as to the amount of

food needed for the supper meal. If a child is inclined to be restless and a poor sleeper, do not give so heavy a supper; if not the entire menu may be allowed. Children sometimes get too much starchy food if they have a cereal twice daily, hence the purées and egg make a good change, for part of a week, at least.

If a child gets very hungry between dinner and supper a scraped raw apple or possibly ripe peach, or orange cut in half and eaten with a spoon, may be allowed. Do not give crackers, cake, etc., between meals; this is a bad habit to form and keeps the digestive organs constantly at work when they should have a little time to rest before the next meal.

Water should still be given at least three times daily between meals.

The recipes for food mentioned here may be taken from any good cook book, if you have not had them already.

You asked me last time if your babies might not have a little candy sometimes. Candy is not at all an essential, but one peppermint, a small piece of molasses candy, maple sugar, or barley candy may be allowed after dinner two or three times weekly. Never allow it between meals.

Jack and Polly should both keep on the very thin silk-and-wool band with shoulder-straps this summer, and omit the little gauze shirt on hot days. They should wear a very thin cotton waist or "skeleton waist" onto which the cotton drawers and garters button. Polly will have a little flannel skirt except when it is very warm, then a white skirt may be used when she is dressed for the afternoon; in the morning let her wear her gingham bloomers and little gingham dresses. Jack, of course, has little "boy suits" of colored gingham for the morning and white for dress-up occasions. Long cotton stockings and light canvas laced shoes with a little spring heel should be worn by both babies this summer. For winter they will need a heavier leather shoe and either light merino stockings or very heavy cotton ones and long, part wool drawers to tuck into them, with part wool shirt, too, of course. They should both wear night-drawers now.

You say Jack is inclined to be constipated sometimes, and want to know what foods are especially laxative; here is a list of laxative foods he may have when needed:

Bran gems, graham mush, yellow cornmeal mush, oatmeal, whole-wheat and graham breads, gingerbread, molasses cookies,

fruits, and green vegetables. Some children may take pure olive oil on the green vegetables to help move the bowels, others cannot stand this at all. A very little fine bran may be stirred into a breakfast cereal sometimes.

How I should love to be with you for the birthday party you plan to give. You are sensible to have only four little guests and such a simple menu, only the regular supper with the one-egg birthday cake with simple white frosting, and home-made vanilla cream.

I am sure it will not upset any of the little guests; having a party at the regular dinner or supper hour is always the best way to plan such larks for little folks.

In one of your letters you asked me at what age the babies should be allowed to give up the regular nap. Keep this up just as long as possible; even when they will no longer sleep, make them rest for an hour at least until they are four or five years old. Many older children are much better for a rest period after their noonday meal.

Your babies may take their nap after dinner now if more convenient than at 11 A.M. The special nap hour must depend on the meal hours, etc., in each family; children should not be allowed to sleep after 2.30 P.M. in the afternoon, however, because if they do so, they will not be ready to go to bed by 7 P.M. in the evening. The early evening sleep is most important and must be insisted upon in any case. Partly undress the babies when they take their nap and put on a cool little wrapper or night-dress.

If the afternoon nap were insisted upon by all mothers, there would be fewer whiny children and many fewer cases of nervous breakdown later in life.

You also asked me about worms in one of your letters. Worms in children are not nearly so common as some persons seem to think. Many symptoms attributed to worms are really due to indigestion or adenoids. Restless sleep, picking at the nose, bad breath, being nervous and cross—all may mean indigestion or adenoids quite as readily as worms. If you actually see little white, thread-like particles that move in the stools, or a large round worm five or six inches in length which resembles the common earth worm, then you may be sure the child has worms and you should lose no time in calling your doctor to prescribe. Be sure to save the worm for him to examine. Never, under any circumstances, give patent "worm remedies"

to your children. A great deal of harm may be done by too much medicine if given internally. Castor oil, milk of magnesia, bicarbonate of soda, and a little mustard as an emetic are all the internal remedies a mother should give without first consulting her family physician.

I hope you will get away for your camping trip before the babies contract either measles or whooping-cough, which you write me are so prevalent in your neighborhood. Mothers often very wrongly think all children must have these diseases and expose their babies very unnecessarily just to "get it over with." This is little less than a crime. Every precaution should be taken to prevent any child from having any one of the infectious diseases. The complications of measles and whooping-cough are many and very serious in nature.

If you notice your children have sudden fever, vomiting, severe colds with persistent discharges from nose, and reddened eyes, sore throat, or skin rashes which you cannot account for, it is your duty to promptly isolate the child and send for your doctor. If every mother did this, there would be many fewer cases of infectious diseases among children and hundreds of little lives saved every year.

Paper handkerchiefs or gauze, that may be burnt after being used once or twice, should be used by all children who have an infectious disease or any form of bad cold with nose and throat discharges. It is now thought that most of the infectious diseases are spread by the discharges from nose and throat of the patient.

Do not attempt to treat an infectious disease by yourself; call in your doctor and strictly obey his orders while the child is ill.

I think you asked me to make you out a list of things to take with you on your camping trip and tell you what to do in the most common emergencies that may occur while you are waiting for the doctor, who will be some distance from you this summer.

I am enclosing some first-aid rules for you, Mary dear, and also a list of articles, many of which you, no doubt, already have on hand. One of my doctor friends helped me with the list and instructions, so you may be sure they are safe.

Now I must really close. I am so glad you have found my letters helpful, and I want you to tell all your young mother-friends about my book and suggest that the publishers will be

glad to send them copies for a very nominal sum. I love babies so much that their welfare is my life-work, as you know, and the more mothers I can help the better I like it.

Hoping to see you before very long, and with many hugs and kisses for those darling twins, I am as ever,

Lovingly,

BELLE.



Aunt Belle's Comfort Alphabet or First Aid for the Babies.

A

ACHES:

EARACHE—Apply dry heat, as a hot-water bag or a hot flannel, to the ear. If no relief, then syringe the ear with warm water, using a soft rubber ear syringe. Do not drop oil nor anything else into the ear without orders from a doctor.

HEADACHE—Bathe the head with cold water or put compresses of witch hazel on the head, changing these often enough to keep them cold. Have the child lie still in a quiet room, slightly darkened, and see that the bowels have moved freely. Give hot, clear broth to drink. Have the eyes tested if headaches are frequent.

STOMACHACHE—Apply a hot-water bag or hot flannels to the abdomen. Give an enema with one teaspoonful of soda bicarbonate to one pint of warm water. Give three or four ounces of hot water to drink, using a pinch of soda bicarbonate in this. Warm the hands and feet.

TOOTHACHE—Hold hot water in the mouth, apply a hot-water bag to the outside of the cheek, or if there is a cavity apply a drop of oil of cloves on a bit of cotton and pack this in the cavity until a dentist may be reached.

B

BROKEN BONES—SEE FRACTURES.

BUMPS AND BRUISES—Apply cloths wrung out of hot water, changing these often enough to keep them hot for five or ten minutes. Then apply cold compresses of cold water or witch hazel or wrap a little ice in cotton and apply to the part. A bandage dipped in cold water or witch hazel may be applied to the part sometimes.

BURNS—If slight and skin is unbroken, dust with soda bicarbonate or powder and exclude all air at once by a layer of thin cotton bandaged on. When the skin is broken and blisters have formed, prick the blister at its lower edge with a sterilized needle to let out the water, but be careful not to remove the skin, as it makes a valuable covering for the raw surface underneath. Apply a wet dressing made by dipping clean soft linen or sterile gauze in a solution of bicarbonate of soda and exclude all air by cotton and bandage. Olive oil, carron oil, or vaseline may be used, but the sterile watery solution is better. If there is much shock or prostration from the burn, a mustard paste may be applied over the heart, hot-water bags placed at the feet, and for a stimulant a drink of hot, black coffee may be given until the doctor can prescribe. Clothing should be cut away from around a burn and not pulled off.

Burns from the sun should be treated by dusting with Mennen Kora-Konia, or applying Mennen Cold Cream, whichever seems to relieve most.

C

CHAFING—Mennen Kora-Konia should be freely applied and the parts bathed with olive oil in place of water for a few days.

COLDS—Keep away from others as much as possible, give castor oil. Omit the tub bath; dilute food a little. Drop liquid albolene up the nose. Keep child in the house a few days, but have the room well ventilated. Call in doctor if child wheezes or has fever.

COLIC—Warm hands and feet, apply hot-water bag or flannel to stomach, give warm water with pinch of soda bicarbonate in it to drink, and by rectum in baby syringe. Hold baby up over shoulder and pat up gas.

CONJUNCTIVITIS OR PINK EYE—Bathe eyes with solution of cold boric acid, one teaspoonful to one pint of water. Use separate piece of cotton to each eye. Obtain eye drops at once from doctor if any pus is seen.

CONSTIPATION (ACUTE)—Give an enema of two ounces of olive oil and two teaspoonfuls of glycerine, or a high enema with a fountain syringe, of one teaspoonful of soda bicarbonate to each pint of tepid water. Give milk of magnesia, one teaspoonful to one tablespoonful by mouth. Have diet looked into.

CONVULSIONS—Apply cloths wrung out of very cold water to the head, or an ice cap if possible. Give enema of soapy water. Have plenty of hot water ready for bath if doctor thinks best. If he is long in coming, put child's feet in mustard water, one tablespoonful of mustard to one gallon of water 102° F. Wrap the body in a large towel wrung out of mustard water, two tablespoonfuls of mustard to one quart of tepid water. When body, legs, and feet are red, remove and dry them and wrap child in thin blanket, being careful to keep the head cold all the time.

CROUP (SPASMODIC)—Give steam inhalations under a tent, apply hot cloths to throat, make child vomit with pinch of mustard in lukewarm water. Summon doctor. Membraneous croup comes on more gradually, will not yield to this treatment, and requires injections of antitoxin at once. These must be given by a doctor.

COUGHS—Give inhalations of steam as for croup if cough is harsh and dry. Castor oil to carry off mucous, and apply a mustard paste to chest. One tablespoonful mustard to five tablespoonfuls of flour mixed to a smooth paste with little cold water and spread between two layers of thin muslin. Wrap this about chest, back and front (pulling it up well under the arms), until skin is red, from five to ten minutes. Rub a little olive oil on chest before and after. Keep child in bed while mustard and steam are used. Have doctor examine chest as soon as possible. Do not give patent cough mixtures or other drugs without written prescription from doctor.

CUTS—SEE HEMORRHAGES AND WOUNDS.

D

DANDRUFF—Wash scalp thoroughly with Mennen Tar Shampooing Cream.

DIARRHŒA—Stop milk and all food for twelve hours, giving boiled water to drink freely. If at all severe give castor oil (one teaspoonful to one tablespoonful, according to age of child). Later give barley, rice, or wheat water or gruels, gradually adding milk to these as stools improve. If breast-fed baby, give two ounces of the gruel just before each meal and nurse a shorter time at breast than usual. Use boiled or skimmed milk when first returning to it, adding this to the gruels. For older children broths and thin wheat

or rice or barley cereals may be allowed after twelve to twenty-four hours, as a rule. If stools are foul or any fever is present a high irrigation of bowels with one teaspoonful of soda bicarbonate to each pint of boiled tepid water is advisable. Call doctor if no marked improvement in twelve hours.

E

EARACHE—See Aches.

ECZEMA—Apply Mennen Kora-Konia, omit water on parts, bathe them with olive oil. Have food regulated by doctor. Keep bowels open.

F

FEVER—Put child to bed in room by himself; keep quiet. Dilute food or give only boiled water for few hours. Give sponge bath with two table-spoonfuls of alcohol to pint of tepid water. Keep cold compresses on head. Give castor oil or an enema if bowels have not moved freely. Call doctor if fever continues more than twenty-four hours or other bad symptoms develop.

FOREIGN BODIES SWALLOWED—Examine throat with finger, and if body is there try to make child vomit and bring it up, turning him upside down and giving a smart pat on the back. If not there, give child plenty of soft rather dry food, as potatoes, or bread, or oatmeal. Never give a cathartic like castor oil. Watch stools carefully to see if body is passed. If any pain is present, summon doctor who may want an X-Ray taken.

FOREIGN BODIES IN THE EAR—If not far in the ear try to remove it with the fingers; if not plainly visible do not attempt this but take child at once to doctor.

FOREIGN BODIES IN THE NOSE—Compress nostril which is empty and have child blow hard with side that has body in it. Tickle nose with feather to make child sneeze or let him smell a little pepper. Call doctor if this does not remove body at once.

FOREIGN BODIES IN THE EYE—Have child blow nose, try to remove with end of clean handkerchief dipped in boric-acid solution. Call doctor if this cannot be done quickly.

FRACTURES—Keep part perfectly still until doctor can arrive. Bind a small pillow or splint around part if child has to be moved, as much depends on not allowing bone to come through the flesh.

FROST BITES—Rub part with snow or very cold water. Keep away from heat; later on apply Mennen Cold Cream.

G

GAS—See Colic and Stomachache.

GLANDS (ENLARGED)—If in the neck, examine throat for spots and call doctor at once. If no spots, apply cold compresses of witch hazel or alcohol and water to throat or else a small ice-bag. See doctor as soon as possible.

H

HEADACHE—See Aches.

HEMORRHAGES (FROM NOSE)—Place child in semi-upright position, apply ice wrapped in cotton to outside of nose over bridge and also at back of neck. Press hard on upper lip close under the nose or pack a wad of tissue paper firmly under the upper lip. Do not allow child to blow nose for some time afterward. If nose-bleeds occur often, have doctor examine child for special causes.

In hemorrhages from a severed artery the blood comes in jerks and is bright red. Make a tourniquet by twisting a folded handkerchief and knotting it, put a stick through the knot, and twist very hard *above* the bleeding point, holding it until doctor can arrive.

Pressure and cold applications with perfect quiet are to be tried for hemorrhages in general.

H

HIVES—Bathe with one teaspoonful of soda bicarbonate to one pint of water and give pinch of soda bicarbonate in all milk and water taken by child. Apply Mennen Kora-Konia freely after bathing each time. Keep bowels open. Look into diet for cause.

I

IVY POISONING—Apply cloths wet in bicarbonate of soda solution (one teaspoonful to one pint of water), later apply Mennen Kora-Konia. Keep bowels open.

INDIGESTION (ACUTE)—See colic and stomachache, also give castor oil.

M

MOSQUITO BITES—Apply camphor water, witch hazel, or bicarbonate of soda solution, on a compress. Powder well with Mennen Kora-Konia. Bites from other insects may be treated in the same manner until the doctor sees them.

N

NOSE-BLEED—See hemorrhages.

O

OPHTHALMIA—Summon doctor at once and see Conjunctivitis until he can arrive.

P

POISONING—Only general treatment can be given until exact nature of article taken can be told, then special antidote should be given. Try to make child vomit by running finger down his throat, tickling back of throat with a feather, or by mustard and warm water, one teaspoonful of mustard to a large cupful of warm water. This may be repeated in fifteen minutes if needed. Keep him as still as possible, and warm hands and feet if cold. It is most important for doctor to know just what caused the poisoning, so that all matter vomited should be saved for his inspection, if mother is not sure what the child took. After the child has vomited freely, hot milk or hot water may be taken, if there is much prostration.

PRICKLY HEAT—Give soda bicarbonate baths and apply Mennen Kora-Konia freely.

R

RASHES—These are so varied it is often difficult for a mother to tell the cause. It is always safer to isolate a child with an eruption until diagnosis can be made. General rule is to reduce food, give plenty of boiled water, keep bowels open, and if any fever at all put child to bed until doctor can see him. Indigestion and infectious diseases are the most common causes of rashes. For all itching or weeping surfaces it is always safe to apply Mennen Kora-Konia, as this soothes and heals.

S

SCALDS—See Burns.

SORE THROAT—Keep child by himself. If spots are seen call doctor immediately. Gargle with boric-acid solution or bicarbonate of soda until doctor arrives or use throat atomizer. Apply cold compress to outside of throat. See that bowels are open, reduce food. Sore throat accompanied by bloody discharge from nose, even if no spots are in throat, may mean diphtheria, and no time should be lost in calling doctor.

SPRUE—Very gently swab out mouth with one teaspoonful of soda bicarbonate to three ounces of boiled water after each meal, and three or four times daily with boric-acid solution. One teaspoonful to one pint boiled water.

SPRAINS—Place the part in hot water first and soak for some minutes, elevate it, and then bandage it snugly (not too tight) with a bandage wrung out of very cold water, or apply an ice-bag to part after bandaging. Keep it still until doctor comes, when he may wish to strap it with plaster.

STOMACHACHE—See Aches.

T

THRUSH—See Sprue.

TONSILS (ENLARGED)—Have them treated by good specialist; removal is best if they are found to be diseased.

TONSILLITIS—See Sore Throat.

TOOTHACHE—See Aches.

U

ULCERS IN THE MOUTH OR AT CORNERS OF LIPS—Often found in babies. Bathe with boric-acid solution and then dust on a powder of equal parts of burnt alum and bismuth subnitrate three times daily.

URINE (RETENTION OF)—Apply hot flannels wrung out of hot water, directly over the bladder, changing these often enough to keep them hot for ten minutes. If no results, then alternate hot flannel with cold compresses until urine is passed. Call doctor if trouble continues.

URINE (TOO FREQUENT PASSAGE OF)—Urine should be tested by doctor, if possible at once; until this can be done, give less fluid food and keep child from excitement.

V

VOMITING—For acute attack keep child perfectly quiet. No food for twelve hours, only boiled water to drink, later on barley water in small quantities may be tried. Keep bowels open by high enemas with soda bicarbonate, one teaspoonful to one pint of water. Make interval between meals longer when first returning to food. If vomiting is severe apply a mustard paste over pit of stomach until skin is red. One teaspoonful of mustard to five teaspoonfuls of flour mixed into a batter with little cold water and spread between two layers of thin muslin. Many diseases begin with an attack of vomiting, and it is always best to call doctor if possible.

W

WOUNDS—If only a simple cut apply tincture of iodine on a cotton swab to the wound and surrounding tissues, then apply a sterile gauze pad and bandage carefully. If dirt is seen in the cut or wound, it should be washed out with water that has been well boiled and cooled. See Hemorrhages also. If the wound gapes much, try to keep edges together with strips of adhesive plaster until doctor can arrive.

HOW TO GIVE AN ENEMA

For a young infant use the bulb syringe which holds one or two ounces of water. Make a little soapsuds with Mennen Borated Skin Soap with boiled water cooled to 98° F., fill the syringe with this solution, grease the tip of the syringe with vaseline, place the baby on his side or back with a rubber sheet under him, insert the tip of the syringe, and squeeze the bulb. If the baby is then held over a small chamber, the water will usually be expelled shortly. Olive oil may be used in the syringe in the same manner. Warm boiled water with a little bicarbonate of soda may also be used in this way for the quick relief of colic, and the baby's abdomen massaged afterward.

Enemas are only for occasional use when a quick result is wanted, such as a bowel movement before the child is put to bed, or for a bad attack of colic, or for a convulsion. They should not be given every day for habitual constipation unless expressly ordered by the family physician.

HOW TO GIVE A HIGH IRRIGATION OF THE BOWELS

For a high irrigation in case of severe indigestion, summer diarrhoea, or intestinal infection of any kind, use the large fountain syringe with a long soft rubber catheter attached. The catheter should have a hole in the end and one in the side also if possible. The size of the catheter depends on the age of the child, from sixteen to eighteen American scale.

Boil one to two quarts of water for ten minutes with either salt or bicarbonate of soda in it, using one level teaspoonful of either ingredient to each pint of the water. Cool this to 98° to 100° F. Put it into the bag of the fountain syringe which should hang about three feet above the table on which the child lies. Have the child lie on his back or side. Grease the catheter well with vaseline. Insert the tip of catheter for about one inch into the child's rectum, then turn on the water and very gently work the catheter up its whole length or about one foot at least, if this can be done without resistance. Allow the solution to flow in and run out again until bag is empty. Then detach the catheter from the syringe, but leave it in the child's bowels, and gently massage the abdomen so that all water runs out through the catheter; when no more water comes, remove the catheter from the child. If the child lies on a table covered with rubber or enamel cloth which drains down into a pail the irrigation can be given very neatly. Except in an emergency, a doctor should order this high irrigation, but many mothers do not know at all how to give it even when ordered and a busy doctor often does not take time to go into details.

HOW TO TAKE A BABY'S TEMPERATURE

Get a clinical thermometer with figures plainly marked on it. A one-minute thermometer is best, or ask the druggist just how long the special thermometer should be left in place. Place the baby on his stomach or side, grease the thermometer and insert it about one inch into the rectum, leaving it there for two to three minutes, then withdraw it and read in a good light. Normal rectal temperature of babies and young children vary between 98° and 99.5° F.; if the temperature is 97° or 100° no alarm need be felt if this does not continue. A temperature that remains above or below these points for more than a few hours requires the attention of a physician.

The Mother's Emergency Box

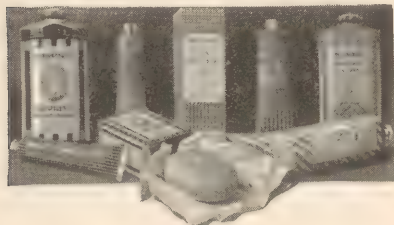
To be kept locked

- | | |
|--|---|
| <ul style="list-style-type: none">I Box of sterile gauze (5 yards).I Pound of absorbent cotton.I Roll of clean old linen.4 Gauze bandages in different widths.I Spool of adhesive plaster or tape two inches wide.I Medicine-dropper.I Medicine-glass.I Fountain syringe with attachments and rubber catheter.I Bulb syringe.I-Ounce bottle liquid albolene.2-Ounce bottle of castor oil.2-Ounce bottle of olive oil.6-Ounce bottle of milk of magnesia.½-Pound tin of English mustard. | <ul style="list-style-type: none">¼ Pound of soda bicarbonate6-Ounce bottle of witch hazel.4-Ounce bottle alcohol.I Tube vaseline.2-Ounce bottle tincture of iodine, to be diluted with equal parts of alcohol when used.I Large-sized box Mennen Kera-Konia.I Tube Mennen Cold Cream.I Tube Mennen Tar Shampooing Cream.I Clinical thermometer.¼ Pound boric-acid powder.½-Ounce bottle of oil of cloves.2-Ounce bottle of glycerine. |
|--|---|

The only drug here that might cause poisoning is tincture of iodine. If a child takes this, try to make him vomit first, then give him plenty of boiled starch or flour paste.



MENNEN PRODUCTS



On the following pages we briefly tell of Mennen Products to which Aunt Belle has referred, together with other preparations designed for adult use.

It will be a pleasure to mail samples of any of these products in which you are interested.

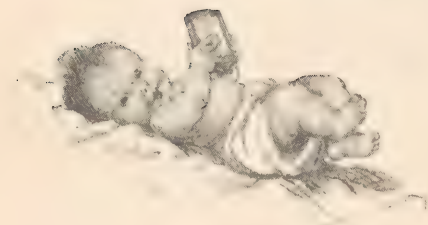
MENNEN BORATED TALCUM POWDER

IT seems almost unnecessary to tell mothers about Mennen Borated Talcum. Three generations of mothers, nurses and doctors have endorsed Mennen's as the perfect, safe talcum for babies.

Until the introduction of this scientifically compounded powder, babies were powdered with coarse fullers' earth, mixtures of chalk and corn starch, or other starch or rice flour compounds.

These vegetable powders are always rough to a sensitive skin, and more so if they become wet on the skin, either by water or perspiration; then they often lump together, and so, enclosed in the folds of the skin, by the natural heat of the body they turn sour and ferment. This sour fermentation causes inflammation of the skin and a number of other diseases.

Mennen Borated Talcum is composed of the purest talc, which is a mineral powder,



and therefore is not affected by moisture, but absorbs it, cooling the skin and forming a protection against all irritating friction. Boric acid, a mild efficient antiseptic, is added in just the right proportion.

Mennen Borated Talcum has also an adhesive quality. It clings to the skin and is not quickly rubbed off like many other talcums. This, of course, means that the baby is always comfortable, and also is saving in powder since one application gives longer relief.

Many talcum powders are made with coarse, cheap and impure talc and with excessive amounts of medication and perfume. These are extremely bad for tender skins, particularly of infants, and should never be used.

Of course, there are other good talcums, but is it wise to experiment on baby's sensitive skin? You know that Mennen's is safe and efficient and that it has comforted millions of babies for many years. Its formula is scientific—just the right amount of each ingredient and not too much of anything.

It is the perfect talcum.

And, if it's safer for baby, doesn't that mean that it is the best talcum for your own skin? Do you know the exquisite comfort of a talcum shower after your bath? Dust talcum between the sheets on a hot night. Shake it in tight shoes.

Mennen Borated Talcum means relief from every form of skin irritation.

Use it freely.



MENNEN KORA-KONIA

A LOT of people have the mistaken idea that Kora-Konia is a sort of talcum or toilet powder. It is more than that. Kora-Konia actually heals and exerts an effective antiseptic action. Almost any serious skin affection due to external cause yields readily to Kora-Konia treatment. It gives complete and lasting relief to chafed skin, burns, minor cuts and bruises. For diaper and teething rashes it is unquestionably the most valuable remedy available.

CHAFING. To see how easily skin is chafed, rub the soft part of your arm briskly for thirty seconds with the ball of your thumb. You will then understand why hot weather or tight garments cause acute torture. Kora-Konia quickly heals raw or inflamed skin. It clings to the skin for hours and is not easily rubbed off. It is moisture-resisting so that perspiration does not readily wash it away. It interposes a silky film between skin and clothing which prevents friction.

CUTS AND SCRATCHES. Kora-Konia is fine for quick application to the minor cuts and scratches which children are always getting. It quickly dries up the wound and reduces pain. It is antiseptic and prevents infection. Teach children to run to Kora-Konia at once whenever they get hurt.

SKIN IRRITATIONS. Almost any nervous skin irritation, as for example the discomfort always suffered by bed patients, is greatly relieved by Kora-Konia. It is an effective treatment for bed sores and heals even the more obstinate cases. Hospitals and nurses are using Kora-Konia for this purpose with gratifying results.

BABY RASHES. The involuntary habits of babies often result in severe cases of scalding and the friction of damp coverings rubs raw the flower-like skin. Most babies are subject to discomfort which an adult could hardly endure. Kora-Konia is really wonderful for diaper rash and teething rash. It cools, soothes, and heals. It is adhesive, moisture-resisting, and absorbent. It is so gentle in its action that it can be used on the most sensitive skin or even on sores so painful that nothing else can be applied.

BURNS. Nothing as effective as Kora-Konia has ever been found for sunburn, scalds, and ordinary burns. Even the most severe cases of sunburn are quickly relieved. The skin becomes cool. The smarting disappears. Redness soon changes to a healthy pink. Garments can be worn without pain. Complete recovery is hastened. Don't expose yourself to sunburn unless Kora-Konia is handy. Keep a box always available for emergency burns.

A few of the various uses in which Kora-Konia will be found helpful in the Home, Sick Room and for Baby.

GENERAL DIRECTIONS: Cover part affected with Kora-Konia and rub gently with hand once or twice to make it adhere. Kora-Konia is a soothing, healing and protective agent and is not meant to replace internal or systemic treatment.

FOR BABY

Babies' Heads for
Milk Crust
Diaper Rash
Fever Sores
Insect Bites

Inflammation of Skin
Nettle Rash
Prickly Heat
Ring Worms
Roughness of Skin

Skin Affections
Teething Rash
Tender Skin
Umbilical Dressing

IN THE HOME

Abrasions
Acne
Bed Sores
Bites
Blisters
Blotches
Boils
Bruises
Bunions
Burns
Chafing
Chapping
Chilblain
Poison Ivy
Prickly Heat
Rash
Scalding
Cracked Skin

Corns
Cuts, Wounds, etc.
Eruptions (Skin)
Feet, care of
Frost Bite
Ground Itch
Hands, chapped or
rough
Heat Rash
Hives
Itching
Irritation of Skin
Intertrigo
Scarlatina
Skin Troubles
Shingles
Sores
Stings

Sunburn
Scrofula
Soft Corns
Salt Rash
Wounds

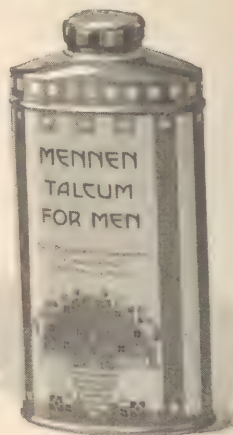


KORA-KONIA is for sale by druggists in convenient, sifter-top packages, or direct by mail by the manufacturers for 35 cents postpaid.

MENNEN TALCUM FOR MEN

THIS powder has won a very large following among men for use after shaving. Its peculiar virtue is that it doesn't show like a white powder.

It has a neutral tone and is delicately perfumed.



MENNEN SCENTED TALCUM



THIS is simply our regular talcum, than which nothing finer or purer has ever been produced, with the addition of a delightful perfume—delicate and subtle rather than objectionably aggressive, but lasting in its charming fragrance.

It is self-gratifying rather than self-advertising—distinctly a toilet accessory for a lady.

MENNEN CREAM DENTIFRICE

WE produced this valuable dentifrice some years ago in response to the urgent demand of almost the entire dental profession for a non-alkaline dentifrice which conformed to the principles laid down by Professor Pickering, one of the leading dental scientists of the world.

Professor Pickering insists that an alkaline dentifrice (many of the best-selling dentifrices are strongly alkaline) is dangerous because it paralyzes the salivary glands and checks the flow of saliva, which is Nature's only protection for the teeth. He also advocated the use of fruit derivatives, which stimulate the flow of saliva.

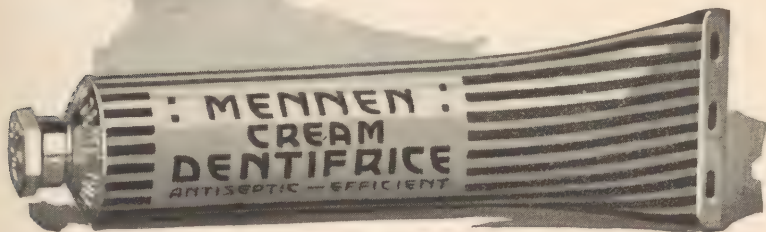
Mennen Cream Dentifrice is first of all a remarkable cleanser. It contains a mild fruit derivative which noticeably increases the flow of saliva for a considerable time and which emulsifies deposits of tartar. It polishes the teeth without grinding and scratching the enamel the way a gritty paste does.

Our dentifrice gives an antiseptic action, leaving the mouth cool and refreshed and guarded against infection.

It is delightful to use.

Mennen Cream Dentifrice is highly endorsed by the Dental profession and is scientifically compounded in accordance with sound and accepted principles.

Its use is strongly recommended, especially for children because of its absolute safety.



MENNEN TAR SHAMPOO



EVERYONE who has tried Mennen Tar Shampoo regards it very highly. It is composed of quick lathering and cleansing oils in combination with ingredients which leave the scalp cool and refreshed and the hair lustrously clean and entirely manageable. In fact, it is the ease with which the hair can be managed afterwards which most appeals to women who use our shampoo.

Ladies with light hair have told us that it is the only tar shampoo that they can use.

The collapsible tube is cleanly, sanitary and convenient, especially for travelling.

MENNEN COLD CREAM

MENNEN Cold Cream is chemically pure and of the finest possible quality.

It cleanses and invigorates the skin, giving to it a satiny texture, and protects it from wind and weather.

The use of cold cream is especially advisable if soap is used on the face or if the skin is naturally dry.



MENNEN BORATED SKIN SOAP

MENNEN Borated Skin Soap is a very pure soap, specially medicated, non-irritant, fragrant and refreshing.

It is by all odds the safest soap obtainable for Baby's bath—much more so than many foreign soaps which may be prepared with little consideration for the absolute purity demanded in a baby soap.

Mennen Borated Skin Soap is used in hospitals and clinics and is highly endorsed by doctors and nurses.

*For the Toilet,
Nursery and Bath*





I N D E X

(Numbers refer to pages)

- Aches—Earache, Headache, Stomach-ache, Toothache, 50.
- Age at which average baby begins to talk, 36.
- Age at which average baby begins to walk, 36
- Age at which baby may be completely trained not to wet diapers, 39.
- Age at which baby may take his first dip in the ocean, 39.
- Age at which baby should be put in short clothes, 24.
- Age at which to begin propping baby up, 26.
- Articles needed for preparing food, 13.
- Articles to take on a camping trip, 56.
- Baby's second summer, 38, 39.
- Bath—How to give, 15, 16, 17, 18.
- Bath—Temperature of, 7.
- Bathing—How often and best time for, 15, 42.
- Bathing—Ocean, 39.
- Bath tub and other necessities, 6, 7.
- Bedtime, 36, 47.
- Bed-wetting, 41, 42.
- Beef Juice, 32.
- Birth Announcement, 8.
- Birth Registry, 8.
- Birthday Party—The first, 47.
- Boiled milk, 11.
- Bottle—How to give, 14.
- Bottle—How to take care of, 13.
- Bottle—Size and kind, 13.
- Bowels—High irrigation of, 55.
- Bowels—Keeping open, 9.
- Bringing baby to family table, 40.
- Broken Bones, 50.
- Broths, 33.
- Bumps and Bruises, 50.
- Burns, 50.
- Camping trip—Articles to take, 56.
- Candy, 46.
- Care of bottle, 13, 14.
- Care of Diapers, 22.
- Care of Eyes, 8, 18.
- Care of Hair and Scalp, 42.
- Care of Nipples, 11, 13.
- Care of Skin, 16, 29, 38.
- Carriage, 20.
- Castor Oil, 25, 48.
- Cereals, 33.
- Chafing, 22, 25, 38, 57.
- Chamber—Training baby to use, 20, 32, 39, 41.
- Chicken Broth, 33.
- Closing of fontanelle or "soft spot" on baby's head, 36.
- CLOTHING—
 - On arrival*, 1, 2, 3.
 - For winter airing*, 29.
 - For second summer*, 38, 39.
 - For third summer*, 46.
 - For third winter*, 46.
 - Short Clothes*, 24.
 - Drawers*, 39.
 - Rompers*, 39.
 - Rubber Pants*, 24.
- Colds and Croup, 34, 51.
- Colic, 15, 19, 22, 51, 55.
- Conjunctivitis or Pink Eye, 51.
- Constipation, 26, 46, 51.
- Convulsions, 51, 55.
- Cooked Cereals, 33.
- Coughs, 51.
- Crib, 6.
- Croup, 51.
- Cuts, 51.
- Dandruff, 51.
- Day-time naps, 20, 29, 36, 47.
- Diapers—Care of, 22.

INDEX -- (Continued)

Diaper Drawers, 39.

Diaper Rash, 22.

Diarrhœa, 25, 51, 55.

DIET FOR BABY—

1st month, 9, 10.

2nd month, 14.

8 to 12 weeks, 21.

4th and 5th months, 26.

5 months, 30.

6 months, 30.

7 months, 30.

8 months, 33.

9 months, 33.

10 months, 33.

11 months, 33.

1 year, 36.

14 to 16 months, 37.

18 months, 41.

2 years, 44, 45, 46.

Second summer, 38.

Diet for mother, 9.

Diet Kitchen, 13.

Drinking—Teaching baby to drink from a cup, 36.

Earache, 50.

Ear—Removing foreign bodies, 52.

Eating—Teaching baby how, 40.

Eczema, 52.

Emergency box, 56.

Enema—How to give, 55.

Exercise pen, 30.

Eyes—Care of, 8, 16.

Eyes—Removing foreign bodies, 52.

FEEDING BABY—

Schedule for young baby, 9.

Schedule for 8 months, 32.

Schedule for 1 year, 36.

Schedule for 18 months, 41.

Schedule for 2 years, 45.

Feeding Baby—How to feed from a bottle, 14.

Fever, 52.

First-aid rules, 50, 55.

Flies and Mosquitoes, 18.

Fontanelle or "soft spot" on baby's head, 36.

FOOD FORMULAS AND RECIPES—

1st month, 9, 10.

2nd month, 14.

8 to 12 weeks, 21.

4th and 5th months, 26.

5th, 6th, and 7th months, 30.

8th, 9th, 10th, and 11th months, 33.

1 year, 36.

14 to 16 months, 37.

Second summer, 38.

18 months, 41.

2 years, 44, 45, 46.

For first birthday party, 47.

Food—Articles needed for preparation, 13.

Foreign bodies in Ear, 52.

Foreign bodies in Eye, 52.

Foreign bodies in Nose, 52.

Foreign bodies Swallowed, 52.

Fractures, 52.

Fresh Air, 20, 29.

Frost bites, 52.

Gain in weight—I to 6 months—after 6 months, 12, 24.

Gas, 52.

Gift for baby's first Christmas, 30.

Glands—Enlarged, 52.

Hair—Care of, 42.

Headache, 50.

Hemorrhage, 52.

Hiccoughs, 19.

Hives, 53.

Home Remedies—Safe, 48.

Indigestion, 53, 55.

Infectious diseases, 48.

Irrigation of bowels, 55.

Ivy Poisoning, 53.

Layette, 1, 2, 3, 4.

Measles, 48.

INDEX—(Continued)

MEASURE—

- Normal at birth*, 12.
- Normal at 3 months*, 24.
- Normal at 6 months*, 30.
- Normal at 1 year*, 36.
- Normal at 18 months*, 40.
- Normal at 2 years*, 44.

Menu—For first birthday party, 47.

MILK—

- Boiled*, 12.
- Pasteurized (How to Pasteurize)*, 11.
- Supply*, 11.
- Keeping it cold*, 11, 14.
- Substitute for*, 25.
- Proper Temperature for food*, 11.

Morning nap, 20, 29.

Mosquito bites, 53.

MOTHER'S—

- Diet*, 9.
- Emergency box*, 56.
- Recreation*, 43.
- Rest and Exercise*, 10.

Mutton Broth, 33.

Navel cord, 8.

Nipples, 11, 14.

Nose-bleed, 53.

Nose—How to remove foreign bodies, 52.

Nursery, 5, 6, 7.

Nursery Furniture, 7.

Nursery Ice-box, 14.

Nursery toilet-chair, 20, 32, 39, 41.

Ophthalmia, 53.

Orange Juice, 31, 32.

Pasteurizing milk, 11.

Patent medicine, 48.

Pink Eye, 51.

Poisoning, 53.

Preparation of Food—List of articles needed, 13.

Prickly-heat rash, 19, 38, 53.

Propping baby up, 26.

Question form VI.

Rashes, 53.

RECIPES AND FOOD FORMULAS FOR—

- 1st month*, 9, 10.
- 2 months*, 14.
- 8 to 12 weeks*, 21.
- 4th and 5th months*, 26.
- 5th, 6th, and 7th months*, 30.
- 8th, 9th, 10th, and 11th months*, 33.
- 1 year*, 36.
- 14 to 16 months*, 37.
- 18 months*, 41.
- 2 years*, 44, 45, 46.
- Second summer*, 38.

Rompers, 39.

Rubber pants, 24.

Safe home remedies, 48.

Scalp—Care of, 42.

Schedule for a young baby's day, 23.

SCHEDULE FOR FEEDING BABY—

- Young baby*, 9.
- 8 months*, 32.
- 1 year*, 36.
- 18 months*, 41.
- 2 years*, 45.

Second summer, 38.

Shoes—When to put on stiff soles, 34.

Short Clothes—When to put on and of what they consist, 24.

Skin—Care of, 29, 38.

SLEEP—

- Day naps*, 36, 47.
- Morning naps*, 20, 29.
- Hours for night sleep*, 36, 47.
- Out-of-doors naps*, 20, 29.

Sleeping-bag, 29.

Sore Throat, 53.

Spoiling babies—Keeping people from, 21.

Sprains, 54.

Sprue, 54.

Stomachache, 50.

Substitute for milk, 25.

Sucking habit, 31.

Sunburn, 38, 50.

INDEX—(Continued)

- Talking—Age at which average baby begins, 36.
Teaching baby to control a fiery temper, 40.
Teaching baby to drink from a cup, 36.
Teaching baby how to eat, 40.
Teeth and Teething, 28.
Temperature—How to take, 55.
Thrush, 54.
Thumb-sucking habit, 31.
Toilet essentials for baby, 3.
Tonsils—Enlarged, 54.
Tonsillitis, 54.
Toothache, 50.
Toys, 31.
Travelling—Substitute for fresh milk, 25.
Ulcers, 54.
Urine—Retention of, 54.
Urine—Too frequent passage, 54.
Vaccination, 25.
Vomiting, 54.
Walking—Age at which average baby begins, 36.
Water—How much needed each day and when and how to give it, 20.
Weaning—When and how to wean baby, 34.
- WEIGHT—**
Normal gain in weight 1 to 6 months, 12.
Normal gain in weight after 6 months, 24.
Normal birth weight, 12.
Normal weight at 3 months, 24.
Normal weight at 6 months, 30.
Normal weight at 1 year, 36.
Normal weight at 18 months, 40.
Normal weight at 2 years, 44.
- Whooping-cough, 48.
Worms, 47.
Wounds, 54.



S. G. O.

JUN 30 1921

WS 80 B438a 1921

48630010R



NLM 05251008 6

NATIONAL LIBRARY OF MEDICINE